

## XEROSTOMIA (DRY MOUTH) INSTRUCTIONS:



**\*Annual cavity exam with x-rays at your general dentist office**

**\*Good home care and dietary practices are essential**

Reduce consumption of sugar & processed/refined carbohydrates.

**\*Consider regular use of saliva substitutes for comfort**

Allday Xylitol Dry Mouth Spray, XyliMelts, Biotene products, etc.

**\*Daily use of Xylitol (available in many forms- gum, candy, rinse, spray, coffee sweetener, etc)**

Xylitol inhibits the growth of certain oral bacteria. Some species, such as *Streptococcus Mutans* (cavity causing bacteria), cannot utilize Xylitol to grow. Over time, the bacteria in your mouth can transition to a more favorable microbiome. Think of it as probiotics for your mouth!

**\*Nightly fluoride use**

Prescription strength toothpaste/gel (Clinpro or Prevident). Also alcohol free oral rinses such as Act rinse for dry mouth (available over-the-counter).

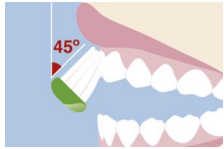



**\*Therapeutic mouth rinse for comfort**

Alcohol free (will not dry you out) CloSYS and Oxyfresh are two such options.

**\*Humidifier use to keep your mile high bedroom from drying you out**

**\*For sufferers of Sjogren's syndrome or more severe cases of Xerostomia there are some systemic prescriptions available to patients:**

Talk to your Primary Care Provider about these. (Salagen, Evoxac, NeutralSal)

<b>BRUSH AT LEAST 3 TIMES A DAY</b>	<b>REMOVE PLAQUE BETWEEN TEETH DAILY</b>	<b>STIMULATE GUMS DAILY</b>	<b>EXTRA CREDIT</b>
<p>Bacteria in dental plaque are able to re-establish in only 8-10 hours!</p>  <ul style="list-style-type: none"> <li>• Brush for at least 2 minutes each time</li> <li>• Angle bristles 45 degrees to gum-line</li> <li>• Use gentle circular motion- don't scrub</li> <li>• Soft bristles only</li> <li>• Electric toothbrush is encouraged</li> </ul>	<p>Brushing removes <i>only half</i> of the plaque. Daily inter-dental cleaning is essential to total oral health!</p>  <ul style="list-style-type: none"> <li>• Use floss or dental tape <u>and</u> proxy brushes</li> <li>• Use the c- shape and "shoe-shine" technique</li> <li>• Super-floss under/ around all implants and bridges</li> </ul>	<p>Your gums need exercise too. Daily stimulation will make them more resistant to bacterial invasion!</p>  <ul style="list-style-type: none"> <li>• Toothpick 3-4 times in each space</li> <li>• End by tracing along the gum-line of each tooth</li> <li>• Use wooden toothpicks and perio aids</li> <li>• Diamond brand is our favorite</li> </ul>	<p>Do these things to go above and beyond ;)</p>  <ul style="list-style-type: none"> <li>• Antimicrobial mouth-rinse daily</li> <li>• Fluoride mouth-rinse/ Rx toothpaste daily</li> <li>• Dip proxy brushes in antimicrobial rinse before using</li> <li>• Use of water flosser daily (not a substitute for floss and proxy brushes)</li> </ul>