

# Treatment Progression For Dry Mouth

**Persistent dry mouth is a very serious problem for your teeth.  
SALIVA is like the 'life blood' of the mouth (especially the teeth).**

What would happen if you placed a tourniquet on your arm and left it there forever? Your arm would turn black, die and fall off. This is not a pretty picture but that is what happens when part of your body loses its blood supply.

If you have persistent dry mouth day after day, night after night for months, the same thing will happen to your teeth. The difference is when your mouth loses its ability to produce saliva effectively, your teeth 'die' is through rapid development of cavities. Whether you have fillings and crowns already doesn't matter... The cavities will occur on the edges of those restorations and they can become severe quickly.

## **What can be done to help prevent dry mouth?**

Try to change medicines that are causing the dry mouth. Even better: try to get off medicines in general by addressing your overall health. Example: exercise, eat healthy, get in shape, lose weight and get off blood-pressure medicines.

If you have dry mouth due to other factors such as radiation or chemotherapy, or are unable to change your medicines, it is important to understand that all other treatment options for dry mouth are 'Band-Aids' that do not solve the problem of dry mouth; they only help reduce the detrimental effects.

## **What treatments help with persistent dry mouth when I cannot change medicines?**

### **Night-time Management**

1. **Place a humidifier in your bedroom near to your bed. This helps at night.**
2. **Act Total Care for Dry Mouth™ Rinse.** This is a mouth rinse that you should keep bedside and / or in your bathroom to spritz your mouth throughout the night.
3. **After rinsing...Xylitol!** Lick your finger, dab of Xylitol on your tongue. Go to bed. Do NOT rinse.

### **General Management**

What you will notice with general management of dry mouth is that fluoride is involved. Fluoride helps your teeth resist the damaging effects of dry mouth.

1. **Fluoride Varnish** applications when you visit your dentist for cleanings.
2. **High fluoride Prescription Toothpaste.** This is available from DurhamDDS at a steep discount against what it costs as the Pharmacists. (Sometimes we may need **fluoride trays and gels** if your dry mouth is severe). Supplement your toothpaste with **Granulated Xylitol** for added protection.
3. **Pilocarpine or Evoxac.** Prescription medication pills to stimulate salivation, but these have side effects.
4. **Proxa-brushes** - various sizes can be purchased at your local grocery store.
5. **Carifree** paste or **MI Paste.** These are pastes work in combination with fluoride.
6. **Olive Oil** – Using olive oil to coat your mouth with a light oil film helps too but this is a last resort.