

# DRY MOUTH (AKA XEROSTOMIA) RECOMMENDATIONS

Below is a list of recommendations if you suffer from dry mouth AKA xerostomia. Please note, while the following may help some patients relieve their symptoms, they don't work for everyone. It is important to try different things and see what works best for you! Please be sure to check all ingredients for any potential allergens and confirm with your PCP that they don't interfere with any medications you are taking.

## EASY CHANGES:

- Drink lots of water!
- Reduce caffeine intake: you do not have to cut it out completely, but excess caffeine intake can reduce saliva production.
- Sleep with a humidifier: Colorado is very dry, and we need all the moisture we can get!
- Avoid:
  - Alcohol and spicy, acidic or dry foods
  - Cinnamon or lemon-flavored candies or gum
  - Toothpaste that has sodium lauryl sulfate (SLS)
  - Antihistamines/decongestants (most allergy medications) when possible

## OVER-THE-COUNTER PRODUCTS:

### 1. Alcohol-free mouth rinse:

Mouth Rinse	pH
Carifree Treatment Rinse (prescription)	10.4
Carifree Maintenance Rinse	8.33
TheraBreath Oral Rinse	8.20
ACT Anticavity Fluoride Mouthwash	7.95
Cepacol Mouthwash	7.79
PerioSciences AO ProRinse	7.75
OraCare	7.55
CB12 Mouthwash	7.20
Oxyfresh Mouthrinse	7.17
SmartMouth	7.11
CloSYS Rinse	7.10
Biotene Dry Mouth Oral Rinse	7.09

2. **Laxatives:** some fiber laxatives work by drawing water into your intestines, and they can do the same for your mouth. Mix some up, swish it around your mouth and spit it out. *\*Do not swallow as it could cause diarrhea.\**
3. **Nasal wash or spray:** keeping your nasal passages clear and moist will help you to breathe through your nose and NOT your mouth.
  - Neti-Pot: device used for nasal irrigation to relieve congestion, allergies, and other sinus problems
  - Xlear nasal spray: xylitol, salt, and grapefruit seed extract

4. **Sugar-free xylitol mints/candies/gums:** having something in the mouth can trigger natural saliva production. Citrus, cinnamon and mint are good flavor choices if they are not too acidic or irritating. Look for those with aloe, xylitol, glycerin or other hydrating agents and sugarless gum with baking soda. Examples:
  - o OraCoat Xylimelts: mucoadhesive (sticks to your gums) discs, pH 8.0
  - o Carifree xylitol gum
  - o Epic Dental xylitol gum and mints
5. **Glycerin:** inexpensive, flavorless and nontoxic ingredient. It is a humectant, which means it attracts and retains moisture. Put a few drops of glycerin in water, swish it around in your mouth and spit it out. Or, make an oral spray: use four drops of glycerin in a small spray bottle of water (4 ounces) and use as needed – you don't have to spit it out. *Do not put drops directly on the tongue or in the mouth. You must dilute them in water.*
6. **Papaya tablets:** papain, the enzyme in the papaya fruit, helps digest proteins and stimulate salivary flow.
7. **Carifree:** comes in a Maintenance mouth rinse, spray, or hydroxyapatite mints; pH 9.09. Fluoridated and non-fluoridated options.
8. **Perioscience AO ProVantage:** comes in gel or mouth rinse. Antioxidants, essential oils and xylitol. No sodium lauryl sulfate (SLS). We sell this at our office or you can purchase on Amazon.
9. **Tri-ology Saliva Replacement:** this plant-based solution works like healthy saliva providing critical organic nutrients and moisture and immediately relieving painful symptoms of dry mouth while protecting gums and teeth.
10. **Stella Life Oral Care:** comes in a mouth rinse, spray or gel. An all-natural antimicrobial rinse and sublingual (pain-relief) spray, and topical gel. Comes in peppermint and coconut flavors.
11. **Elevate Oral Care Allday Dry Mouth Spray:** neutral pH of ~7.0, providing continuous buffering and protection with use throughout the day.
12. **Biotene:** comes in a spray, gel or mints. Must swish with water before applying gel.
13. **OraTek Therapeutics BasicBites:** tasty, sugar-free soft chews that boost enamel health.

## PRODUCTS YOU CAN ONLY PURCHASE THROUGH A DENTAL PROVIDER:

1. **GC Dry Mouth Gel:** sugar-free, alcohol free. Approved flavors are orange and lemon. *Raspberry flavor is NOT recommended as it contains ethyl alcohol.*
2. **Carifree Treatment Mouth Rinse:** 0.2% sodium hypochlorite rinse, pH 10.4. Anti-microbial rinse that promotes healthy bacteria.

## PRESCRIPTION MEDICATIONS TO SPEAK TO YOUR PCP ABOUT:

1. The following medications work by attaching to and activating certain proteins in your salivary glands call or texted acetylcholine receptors. This helps your glands make more saliva, so your mouth feels less dry. These should only be taken if nothing else works.
  - o **Prilocarpine (Salagen):** 5mg, 3 times a day
    - Prilocarpine mouthwash (1-2% solution, 1 minute rinse)
    - Prilocarpine lollipop (5mg)
    - Prilocarpine lozenge (5mg) - recommended
    - Adverse effects: sweating, nausea, dizziness, increased pulmonary secretions
  - o **Cevimeline (Evoxac):** 30mg, 3 times a day
    - Adverse effects: nausea, vomiting, diarrhea, runny nose, severe sweating

## OTHER THINGS TO TRY:

1. **Acupuncture:** research shows it can help. For instance, in one study, undergoing acupuncture for eight weeks eased xerostomia in people with cancer who had been treated with radiation.
2. **Saliwell's Salipen:** a medical device that treats dry mouth naturally. SaliPen uses electrostimulation to increase saliva production and causes no pain.

## NOT RECOMMENDED:

1. **DenTek OraMoist Dry Mouth:** pH 2.9
2. Gum, candy, or mints with sugar, alcohol, or an acidic pH
3. Carbonated beverages (including sparkling water)
4. Mouth rinses that contain alcohol or have an acidic pH:

Colgate Optic White Mouthwash	6.95
CloSYS Alcohol-Free Oral Rinse	6.85
Oasis Moisturizing Mouthwash for Dry Mouth	6.49
Colgate Total Advanced Health Mouthwash	6.31
BreathRx Anti-Bacterial Mouth Rinse	6.21
Colgate FluoriGard Daily Mouth Rinse	6.10
Listerine Zero Alcohol Mouthwash	6.02
ProFresh Chlorine Dioxide Oral Rinse	5.90
ACT Restoring Anticavity Fluoride Mouthwash	5.56
Scope Classic	5.55
Peridex	5.48
Listerine Total Care Mouthwash	5.44
Crest 3D White Multi-Care Whitening Rinse	5.40
Crest Pro-Health Clinical Rinse	5.18
Chlorohexidine Alcohol-Free	5.10
Fluoridex Daily Renewal Oral Rinse	5.10
Listerine Antiseptic Mouthwash	4.88
BreathRx Anti-bacterial Rinse	4.74
Biotene Mouthwash	4.64
Crest Pro-Health Multi-Protection Mouthwash	4.27
Peroxyl Antiseptic Oral Cleanser	3.90
Tom's of Maine Wicked Fresh! Mouthwash	3.89
The Natural Dentist Healthy Gums Mouth Rinse	3.30

If you have any questions or concerns about any of the above, please call or text us at (303) 237-1553 or you can speak with one of our clinical team members at your next dental visit!