



*Southern
Urogynecology*

Center for Incontinence and Female Pelvic Medicine

MANAGING DRY MOUTH

The goals in managing dry mouth are to stimulate the flow of saliva and protect the hard and soft surfaces of your mouth. Effective management techniques are listed below.

- Chew sugarless gum or suck on sugar-free hard candy, a sour candy preferably
- Drink water with your meals, or moisten foods with broths and soups
- Avoid drinks containing alcohol or caffeine which increase water loss and dry out the mouth
- Avoid spicy or acidic foods and drinks which can irritate your mouth and cause pain
- Avoid commercial mouthwashes and toothpastes that contain alcohol or peroxide, which can further dry out your mouth. Biotene is an excellent alternative and a brand of mouthwash and toothpaste specifically for dry mouth. Biotene is an over-the-counter product found in the mouth care section of your pharmacy. Ask, we normally have a sample we can give you.
- Use a moisturizer on your lips to minimize irritation
- Use a cool mist humidifier in your home, especially at night
- Maintain good dental hygiene
- You may need to use artificial saliva products that are available over-the-counter in a rinse or a spray (i.e. Optimoist, Xero-Lube, Moi-Stir)