



### ASK

#### Cause

- Anxiety
- Diabetes
- Dehydration
- Head & Neck Radiotherapy or Chemotherapy
- Sjögren's syndrome (Dry eyes and dry mouth)
- Diuretics
- Antihistamines
- Antidepressants
- Diet - High sugar or salty diet
- Change of medication

#### Ask

- How long have you had dry mouth for?
- Is it affecting eating?
- What have you done to relieve symptoms?



### ADVICE

#### Suggest

- Regular sips of plain water (try to avoid sugar-containing drinks or sweets due to caries risk)
- Saliva stimulants
- Sugar free gum to stimulate saliva production
- Artificial saliva substitutes
- If the cause is due to medications – then a medical consultation is required

- Chronic dry mouth is a risk factor for tooth decay – brush twice daily with fluoride toothpaste (try sodium lauryl sulphate free if the toothpaste is a possible cause of soreness) and use fluoride mouthwash after meals
- Seek advice from a dentist for long term oral care management



### FOLLOW UP

- Regular dental check-ups
- Practice self-care by brushing twice daily and use interdental cleaning aids

- Patients may require high fluoride toothpaste as prescribed by the dentist
- Persistent symptoms may require referral to a specialist via the dentist to exclude other causes such as Sjögren's syndrome



### ALERT

- Patients with a dry mouth who are unable to function (eat, drink, speak) properly require an urgent dental assessment



### PHARMACY PRODUCT

- Saliva substitutes
- Saliva stimulants (sugar free and non-acidic if natural teeth present)
- Sugar free chewing gum
- Fluoride mouthwash

## PHARMACY DENTAL FACT SHEET