

Information Sheet No 7

Caring For Your Dry Mouth

T: +44 (0) 141 774 3116
F: +44 (0) 141 774 4912
info@carntynedentalcare.co.uk
www.carntynedentalcare.co.uk



Carntyne Dental Care
CREATING SMILES

What Are The Symptoms Of Dry Mouth?

- * Difficulty in eating dry foods
- * Pain or uncomfortable swallowing
- * General mouth discomfort
- * Poor taste
- * Denture problems
- * Increased tooth decay
- * Mouth and salivary gland infections
- * Speech difficulties

Why Might I Have A Dry Mouth?

There are a variety of causes for dry mouth as shown below and these can affect anyone

- * Dry mouth on waking in the morning may be due to mouth breathing
- * A variety of prescription drugs can reduce saliva flow. These include antihistamines and drugs that treat depression, nausea and high blood pressure
- * Dehydration, perhaps due to infections, diarrhoea and vomiting or uncontrolled diabetes
- * Previous radiotherapy to the head and neck can damage the salivary glands decreasing saliva flow
- * Dry mouth may occur in association with other conditions such as Sjögren's syndrome, which may be associated with rheumatoid arthritis and related conditions
- * The sensation of a dry mouth, but with normal saliva production, is a common complaint and is often related to anxiety, stress or depression

Why Is It Important To Recognise The Symptoms Of Dry Mouth?

The sensation of a dry mouth is unpleasant and can be painful. More importantly, it can lead to other problems such as infections, an increased risk of dental decay and general soreness of the mouth as a result of inflammation and ulcers.

What Can I Do To Help Myself?

- * Brush your teeth and gums regularly and effectively using a fluoride toothpaste, especially after sugary foods or drinks. Your dentist or dental hygienist can give you good advice on this
- * Watch the amount of sugars you consume in your diet and try and limit them to the end of meals
- * Visit your dentist regularly and ask for advice on diet, fluoride supplements, fissure sealants and artificial saliva's
- * Frequent sips of water or other sugar free drinks are helpful, as is eating fresh fruit, which also helps to stimulate saliva production