

Treatment for Dry Mouth – Information for Patients

Below is some information regarding topical treatments for your dry mouth.

- 1 – Pastilles (Salivix or SST lozenges as needed)
- 2 – Sprays (Glandosane spray, AS Saliva Orthana spray, Saliveze)
- 3 – Gels (Biotene Oralbalance gel, BioXtra gel)

Treating dry mouth involves trying a number of different treatments and often combining them. It is suggested you initially try either a pastille, spray or gel and if this doesn't help you may wish to try an alternative one. The next stage would be to try a different type of treatment, ie try a pastille if you have previously tried a spray or try a gel if you have previously tried pastilles and sprays. Often it is necessary to combine various treatments.

Frequent sips of water and using sugar free gum or lemon drops can also help. Please ensure you use sugar free to prevent dental problems.

A proactive dental approach is recommended. Limiting sugar intake and avoid eating between meals. Plain water in between meals and overnight. Finish meal with "tooth friendly" foods. 6 monthly dental check-ups and treating any dental problems early. Brush teeth at least twice a day using high fluoride toothpastes and interdental brushes, and don't rinse after brushing. A pH neutral, fluoride containing oral mousse or gel at night can be used. Chew xylitol containing sugar free gum. And alcohol free chlorhexidine mouth wash twice/day for maximum of 2 weeks every 3 months can prevent gum disease (overuse can stain teeth).

There are also various toothpastes and mouth rinses on the market which are specifically designed for dry mouth. BioXtra do a range as does Biotene.

If patients are still symptomatic despite trying these topical treatments then you could try an oral tablet called Pilocarpine (Salagen). If this tablet is used it is suggested you start at 2.5mg twice a day and increase it up every six to eight weeks. Increasing it up in this slow manner limits the likelihood of side effects. A dose of 5mg two to three times a day is often effective and tends to be tolerated quite well.

The above treatments can be discussed with your Pharmacist or your GP.