

Advice for patients with dry mouth**To manage your dry mouth:**

- ensure you are adequately hydrated—drink at least 1.5 litres of tap water a day
- chew food thoroughly before swallowing because chewing stimulates saliva flow
- chew sugarless gum or suck sugarless sweets (avoid fruit flavours)
- avoid smoking cigarettes
- avoid acidic foods
- limit your caffeine and alcohol intake, especially in the evening
 - add milk to tea or coffee to reduce the drying effect
- avoid mouthwashes and other oral preparations that contain alcohol
- trial various over-the-counter dry mouth products or bicarbonate mouthwash
 - a bicarbonate mouthwash can be made by adding half a teaspoon of bicarbonate powder to a glass of warm water. Rinse with mouthwash on waking and at any time during the day.

To prevent oral and dental consequences of dry mouth:

- ensure you have good oral hygiene
- have regular dental examinations
- avoid acidic beverages (eg wine, fruit juices, soft drinks, sports drinks) or limit their consumption to meal times
- limit sugar intake and avoid sugary snacks.

Doctor's contact details: