

# XEROSTOMIA / DRY MOUTH

Review dietary habits, keep sugars low & a healthy diet

Requires meticulously clean teeth



## LOW to MID GRADE

**1) Topical Agents** to produce or increase salivary flow & decrease decay

\*Salese (nuvorainc.com) - lozenges, daytime, xylitol ACP

\*Xylitol (7-9 gum/day)

- Xylimelts x12/day - adheres to cheek, nighttime
- Spry 0.7gm/stick - chewing gum is a great idea
- Epic 1.0gm/stick - gum, more CaPH<sub>4</sub>
- Xylitol Ice Cubes - by Hershey, ↓ root decay

**2) Relief** - soothing gels

\*Cold Pressed Coconut Oil

\*Olive Oil

\*Orajel Dry Mouth Relief

\*Biotene Oral Balance Gel

\*Humidifier in bedroom at night

\*Avoid Decongestants or Antihistamines

**3) Sip H<sub>2</sub>O During the Day** - suck on ice - 3x/day

**4) Decay** - get all cavities repaired & seal moist surfaces

**5) Diet Review:**

- Eliminate **Sugary Diet, Alcohol Rinses, Snacks**
- Eat apples or cranberries as less sticky
- Eliminate **Coffee, Alcohol, Smoking**
- After snacking: rinse with baking soda & chew gum for 5 mins or eat cheese or dairy to ↓ acids
- Rub fluoride toothpaste on teeth after meal then swish 2x/day (**do not rinse**)

**6) Home Care:**

- Clinipro 5000 is cheaper than Prevident & MI Paste
- Floss & brush 2x/day, waterpik, proxy brush & go between where it fits - AM & after dinner rinse with Listerine Zero for 30 sec - brush before morning juice
- Use Prevident + MI Paste together as toothpaste, floss, swish, rinse, reapply mix, swish, no rinse at bed time
- Use a toothpaste without SLS (causes aphthous sores)
  - \*Toms
  - \*Sensodyne with Potassium Nitrate
  - NOT Repair & Protect (has SLS)

**7) Sensitive Teeth**

- \*BasicBites (arginine & Ca) "candy"
- \*Colgate Pro Relief Toothpaste (arginine)
- \*Sensodyne with Potassium Nitrate - depolarizes nerve
- \* Isodan - potassium nitrate (NaF) - F blocks tubules



## HIGH GRADE

**DO: 1 to 7**

like Low to Mid Grade



8) Prevident + MI paste in TRAYS\* at night or brush with same, spit, no rinse



9) Carifree Products (rinses) - *too harsh for radiation tissues* - substitute baking soda & water, soothing



10) Monthly Fluoride Varnish/Home Care Review  
- visits after 10% iodine, duraflo day 1, 3, 5 at initial therapy, xrays - 6 months, 3 months for low grade



11) Alcohol free Chlorhexidine for 15 sec 2x/day



12) Continued Home Care

Bleaching strips, or trays, with tooth whitener to reduce bacteria & buffers acids

Bleaching causes sensitive teeth - use Sensodyne with Potassium Nitrate in trays for 10-30 mins before & after (whitening strips slows decay but may cause tissue irritation so ask us for a sample)

\* Protocol for Fluoride Trays → see LDC website

\* Protocol for OHI → see LDC website

\* Dry Mouth Home Products → see LDC website

Notes:

\* GC America test kit for Saliva - if dry is < 1.5ml/5 min of wax chewing or unstimulated < 0.1ml/1 min

\* Xylitol - decreases cavities & S. Mutans - improves pH & saliva (see info of interest for dentists on LDC website)

\* Gum increases CaPO<sub>4</sub> in saliva, good

\* **careful:** Nystatin has sugar

\* Povidone iodine is contraindicated for:

- shellfish allergy
- pregnancy
- thyroid/gout

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## Sjogren's Syndrome

*dry mouth, dry eyes, large saliva glands*

**DO: 1 to 12**

like Low to Mid & High Grade



A) Pilocarpine (Salagen) - 5mg 4x/day

**NOT** for Glaucoma, B-Blocker, COPD or Asthma

- takes 3 months to work



B) Cevimeline - fewer adverse effects than pilocarpine



## Radiation Therapy

**DO: 1 to 7**

like Low to Mid Grade



i) Neutral 1.1% sodium fluoride

NO flavor brushed on teeth – ONCE DAILY for 5 mins



ii) Prevident + MI paste in TRAYS\* or Fluoride 1.1% gel in TRAYS\*



iii) Phorixia (Mouth Rinse)

\* for PAIN MUCOSITIS caused by Radiation Therapy



iv) Do **NOT** use SLS toothpaste or more sores \*see #11\*



v) Magic Mouth Rinse

\* for mucositis PAIN caused by Radiation Therapy



vi) Cevimeline - 30mg 3x/day

- not for heart patients

- careful asthma or COPD (bronchitis)

- reduced night vision

- drink extra water if sweating



vii) Varnish every 3 months after iodine



viii) Use "Thera Bite" to exercise jaw to prevent stiffness & limited opening



ix) Teeth must be kept clean & require extra effort if you wish to keep them as your saliva glands & bone have been affected by the treatment you have received & are never the same



xi) Use Zilactin B for sore tissue

### \* Other Systemic Diseases that May Cause Dry Mouth \*

- Aging - more meds
- HIV infection of salivary glands
- Alzheimers
- Diabetes
- Anemia
- R. Arthritis
- Hypertension
- Lifestyle: Smoking/Alcohol