



Tips for the Dry Mouth Sufferer and high risk tooth decay

1. Drink lots of water
2. Clean teeth well and often throughout the day
3. Clean teeth before bedtime particularly well including flossing and Waterpik
4. Between meals avoid snacking- especially avoid all sugars in foods or beverages
5. Stop smoking
6. Enjoy acidic beverages like juice, energy drinks or soda with your meals not in-between meals
7. Chew Xylitol gum for 10-15 minutes after meals
8. Use Xylitol mints if necessary
9. Use Xylimelt at night
10. Prevent Dry Mouth- do not rinse the mouth after you brush with this. Nothing to eat or drink for at least 30 minutes after using. It is best to use this right before you go to bed.
11. Topical application of fluoride by the hygienist when teeth are “cleaned” at the dentist

Products that are helpful

1. Act Dry Mouth Lozenges
2. Xylimelts
3. Xylitol Chewing Gums (for short periods)
4. Prevent Toothpaste (By prescription only- four-five times as much fluoride as regular toothpaste)
5. Biotene Products

New Products

1. NeutraSal
2. 3M Xerostomia Relief Spray
3. Voutia