

## **DENTAL DEPOT**

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### **Management of Xerostomia**

- Teeth cleaning every three months along with fluoride varnish
- Biotene Products
  - Toothpaste, Rinse, Spray, Gum, Gel, Liquid
- Use Xylitol Gum or Candies
- Other products: Recaldent, GlyLic, MI Paste
- Oral lubricants such as Vitamin E are effective in soothing irritated oral tissues
  - Break the vitamin E capsule and apply it topically to irritated oral tissues
  - Done before bed after brushing and flossing
- Topically applied oil-based balms or a vitamin E-containing balm for lips
- Last option- prescription drugs pilocarpine or cevimiline (nonselective muscarinic receptor agonists)
  - Side effects: Increased bodily fluids- sweat, tears, nasal drainage, ect

## **Dietary Recommendations to Reduce the Risk of Cavities in Patients with Dry Mouth**

- Drink plenty of fluids with meals to aid in chewing and swallowing
- Avoid excessive water sipping, can reduce the oral mucosal film lining the mouth and worsen dry mouth symptoms
- Avoid dry, crunchy foods that are difficult to swallow and can cause oral abrasion or difficulty in swallowing
- Avoid acidic foods and beverages that can irritate oral tissues and contribute to enamel demineralization and dental caries
- Choose soft foods that are easy to swallow such as: milkshakes, bananas, applesauce, yogurt, cottage cheese, mashed potatoes, noodles, macaroni and cheese, puddings, scrambled eggs and cooked cereals
- Chop/puree or cook vegetables until they are soft
- Choose fresh fruits high in water such as melons and citrus fruits
- Mix food with broth, gravy or sauce to make them easier to swallow
- Avoid frequent intake of sugar-containing foods
- Consume a diet rich in omega-3 fatty acids
- Drink tea for the beneficial effects of polyphenols
- Increase the intake of low-fat dairy products such as low-fat milk, cheese, and yogurt for their anti-cavity effect
- Eliminate the use of any slow-dissolving sugars such as candy, mints, or lozenges.
- Avoid alcohol and caffeinated beverages, which can cause dehydration and increase oral dryness
- Take a daily multivitamin mineral supplement
- Eat foods at moderate temperatures to avoid irritation in the oral tissues
- If a liquid diet is indicated, see a registered dietitian for counseling to ensure adequate nutrition
- **Remember, all recommendations should not be consumed in excess**