Managing a Dry Mouth (Xerostomia)
Oral and Maxillofacial Surgery

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.
To use the Text Relay service, prefix all numbers with 18802.

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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London Road
Ashford, Middlesex
TW15 3AA
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Website: www.ashfordstpeters.nhs.uk

St. Peter’s Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: 01932 872000

Patients first • Personal responsibility • Passion for excellence • Pride in our team
Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.
Managing a Dry Mouth (Xerostomia)

WHAT IS XEROSTOMIA?

Xerostomia is the management of dry mouth condition.

MANAGING A DRY MOUTH

- Sip on juices and other fluids (water is best as it doesn’t damage teeth) throughout the day. Keep water at your bedside.

- Some people can find salivary substitutes useful (these can be prescribed by your doctor).

- Stimulate saliva with sugar-free chewing gums or diabetic sweets.

- Avoid spicy or dry foods, and hard crunchy foods such as biscuits, or dunk them in liquids. Take small bites and eat slowly. Eat soft creamy foods (casseroles, soups), or cool foods with a high liquid content – melon, grapes, ice-cream. Moisten foods with gravies, sauces, extra oil, margarine, salad dressings, sour cream, mayonnaise or yoghurt.

- Always take water or non-alcoholic drinks with meals.
• Avoid anything that may worsen dryness, such as drugs, unless they are essential (e.g. anti-depressants): alcohol (including alcohol containing mouthwashes); smoking; caffeine (in coffee, some soft drinks); mouth breathing.

• Protect the lips with a lip salve or petroleum jelly.

• Consider a humidifier for the bedroom.

Protect against dental decay by avoiding sugary foods/drinks and by:

• Reducing sugar intake (especially avoid snacking and eating last thing at night).

• Avoiding sticky foods such as toffee.

• Keeping your mouth very clean (twice daily tooth brushing and flossing).

• Using fluoride toothpaste.

• Using fluoride gels or mouthwashes daily before going to bed.

• Having regular dental checks.

Protect against thrush and halitosis (bad breath) by:

• Keeping your mouth very clean.

• Keeping your mouth as moist as possible.

• Rinsing twice daily with a mouthwash.

• Brushing or scraping your tongue.

• Keeping dentures out at night.

FURTHER INFORMATION

Additional information or advice regarding this procedure can be obtained by contacting St. Peter’s Hospital – telephone 01932 872000 ext. 2493 or Ashford Hospital – telephone 01784 884009.

Additional information can also be obtained by logging on to http://www.baoms.org.uk/sitemap.asp?id=20

Other web links
National Institute of Dental and Craniofacial Research
Patient.co.uk