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## • Handout About Dry Mouth •

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**Your dry mouth can be caused by various factors, including medications, radiotherapy and autoimmune disorders such as lupus and Sjögren syndrome. A lack of saliva and increased acidity in your mouth can cause cavities, or caries.**

You can help prevent cavities by following these instructions:

- ✓ Use products such as MI Paste and X-PUR in custom-made carrier trays to remineralize your teeth. MI Paste and X-PUR do not contain fluoride, so you can leave them on overnight. These remineralizing products contain ions that replenish the minerals lost because of the damage acids can cause to your teeth.
- ✓ Chew gum containing Recaldent, such as Trident Xtra Care gums, to replenish ions lost because of the damage acids can cause to your teeth. Chew gum for 20 minutes after a meal.
- ✓ Ask your dentist to apply a professional fluoride varnish once every 3 months, or more often if your dentist recommends it. Fluoride helps remineralize your teeth by attracting ions to the surface of the teeth and helps prevent demineralization somewhat by decreasing the solubility of your enamel in acids. Fluoride also reduces the amount of acid-producing bacteria in your mouth.
- ✓ Use home fluoride products such as toothpastes or rinses that contain more than 1,000 ppm fluoride. **Do not** overuse these products because too much fluoride can cause fluorosis. Follow the instructions on the package and contact your health care professional if you have any abnormal discomfort after you use fluoride-containing products.
- ✓ Chew gum that contains xylitol and decrease the amount of sugar you eat. Xylitol, a natural sugar alcohol, can be used as a sweetener and is not fermented by acid-producing bacteria. Xylitol can decrease acid-producing bacteria in your mouth. Do not use more than 10 to 12 g of xylitol every day. If you have more than this amount, you may have osmotic diarrhea.
- ✓ Take your medication exactly as your doctor prescribes. Sialogogues such as bethanechol and pilocarpine, as well as the chologogue Sialor, can increase the flow of saliva if you have any residual function in your salivary glands.
- ✓ Change your diet to one that is low in sugar and acidic drinks such as soda and wine. But do things in moderation so that you still meet your daily nutritional needs.
- ✓ Use products that make your mouth more comfortable and drink water to relieve the feeling of dryness. Try using some of the products from Biotène to relieve your dry mouth.
- ✓ Use medication to treat yeast infections that commonly occur when you have dry mouth.
- ✓ Try using a chlorhexidine rinse and varnish to reduce the levels of acid-producing bacteria. Because its ability to prevent cavities and yeast infections has not been proven conclusively, using this rinse is optional.

The following charts list some of the products that prevent cavities that are currently available in Canada. Your dental professional may suggest other available products.

Medications that produce saliva		
Medication	Availability	Suggested use
Pilocarpine	With a prescription	Use as your medical care provider prescribes
Bethanechol		
Sialor		
Other:		

Antifungal medications		
Medication	Availability	Suggested use
Fluconazole	With a prescription	Use as your medical care provider prescribes
Amphotericin B rinse		
Chlorhexidine rinse		
Prevora (CHX Technologies Inc.)	From prevora.com	Take 1 treatment every week for 4 weeks for the first month; then reapply as your dentist recommends
Others:		

Some remineralization products			
Product	Active ingredient	Availability	Suggested use
MI Paste (GC America)	Recaldent (CPP-ACP, casein phosphopeptide-amorphous calcium phosphate)	Through dental supply company, e.g., Henry Schein	Apply a small amount to teeth and use together with or without bleaching-type tray
Trident Xtra Care Gum (Cadbury Adams USA LLC)		At any store that carries the product, e.g., grocery stores and drugstores	Chew for 20 minutes after meal
Clinpro 5000 toothpaste (3M ESPE)	Tricalcium phosphate/ 5,000 ppm fluoride	Through dental supply company, e.g., Henry Schein	Brush once a day
X-PUR toothpaste (Oral Science)	NovaMin (calcium sodium phosphosilicate)	Through www.x-pur.com	Brush twice a day
Others:			

Some xylitol-containing products			
Product	Active ingredient	Availability	Suggested use
TheraGum (3M ESPE)	100% xylitol-sweetened gum	Through dental supply company, e.g., Henry Schein	Chew up to 5 times a day for 5 minutes each (total 6–10 g of gum or mints each day)
TheraMint (3M ESPE)	100% xylitol-sweetened mints		
X-PUR gum or mints (Oral Science)	100% xylitol-sweetened gum		
OraMoist adhesive tablets (Quantum Health)	Xylitol; natural lubricant tricarpin, oral enzymes, buffering compounds and saliva-secretion inducers	Through health food stores	Apply to palate (lasts up to 4 hours)

XyloSweet (Xlear Inc.)	100% xylitol sweetener	Through <a href="http://www.xlearinc.com">www.xlearinc.com</a> and health food stores	Use as a sweetener; do not exceed 12 g/day
Spry products (Xlear Inc.)	Xylitol-containing oral products	Through health food stores	Use as gum, mint, toothpaste and spray
Others:			
Note: Health food stores carry many products containing xylitol that are not listed here. Use the xylitol product that you prefer.			

Some products with high levels of fluoride			
Product	Active ingredient	Availability	Suggested use
Colgate PreviDent toothpaste (Colgate-Palmolive Company)	1.1% sodium fluoride (5,000 ppm)	Through dental supply company e.g., Henry Schein, and over the counter in Canada	Brush once a day
Colgate PreviDent mouth rinse (Colgate-Palmolive Company)	0.2% sodium fluoride (900 ppm)	Through dental supply company, e.g., Henry Schein	Rinse once a day
Colgate PreviDent varnish (Colgate-Palmolive Company)	5% sodium fluoride (22,600 ppm)		Have your dental professional apply once every 1–3 months
Vanish NaF Varnish (3M ESPE)	5% sodium fluoride (22,600 ppm)	Through dental supply company, e.g., Henry Schein	Dilute as instructed and rinse for 30 seconds twice a day
X-PUR NaF White Varnish (Oral Science)	5% neutral sodium fluoride (22,600 ppm)	Through <a href="http://www.x-pur.com">www.x-pur.com</a>	
Enamel Pro Varnish (Premier Dental)	5% sodium fluoride (22,600 ppm) ACP (amorphous calcium phosphate)	Through dental supply company, e.g., Henry Schein	
X-PUR Oral Rinse Concentrate (Oral Science)	0.63% stannous fluoride (1,512 ppm) 5% xylitol	Available through Oral Science and <a href="http://www.x-pur.com">www.x-pur.com</a>	Use once daily or as recommended by your dentist
X-PUR 1.1% NaF Gel (Oral Science)	1.1% sodium fluoride (5,000 ppm) 10% xylitol		
Clinpro 5000 toothpaste (3M ESPE)	1.1% sodium fluoride (5,000 ppm)	Through dental supply company, e.g., Henry Schein	Brush once a day
Fluoridex toothpaste (Discus Dental)	1.1% neutral sodium fluoride (5,000 ppm)	Through <a href="http://www.discusdental.com">www.discusdental.com</a>	Use as a regular toothpaste twice daily
Fluoridex rinse (Discus Dental)	0.63% stannous fluoride (1,512 ppm)		Dilute as instructed and rinse twice a day
GEL 7 (Germiphene)	2% neutral sodium fluoride (~9,000 ppm)	Through the dental supply company Germiphene	Use according to your health care professional's instructions
Denti-Care fluoride gel Denti-Pro fluoride gel (AR Medicom)	1.1% neutral sodium fluoride (5,000 ppm)	Through dental supply company, e.g., Henry Schein	Use as instructed by your dental professional
Others:			

Comparison of products with low fluoride			
Product	Active ingredient	Availability	Suggested use
Colgate Total Advance Care Toothpaste (Colgate-Palmolive Company)	0.24% sodium fluoride (1,100 ppm)	At any store that carries the product	Use as a regular toothpaste and brush up to 3 times a day
Sensodyne Pronamel toothpaste (GSK)	0.24% sodium fluoride (1,100 ppm)		
Crest Pro-Health toothpaste (Procter & Gamble)	0.45% stannous fluoride (1,100 ppm)		
Others:			

Some products for comfort		
Product	Availability	Suggested use
Biotène products, including toothpaste, gel, mouth spray (GSK)	Through dental supply company, e.g., Henry Schein and drugstores	Use as normal toothpaste or rinse; use mouth spray and gel as often as needed
Others:		

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This document is a supplement to:

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