



## **XEROSTOMIA: DRY MOUTH**

### *IN OFFICE TREATMENT:*

**Vanish Fluoride Varnish:** Provides long-term protection against cavities

### *AT HOME TREATMENT:*

**Control RX:** Inhibits plaque buildup, strengthens teeth, and increases resistance to decay

- Use once a day prior to sleeping
  
- DO NOT eat, drink, or rinse for 30 minutes after use*

**Xylitol gum/mints:** Stimulates saliva to neutralize acids in the mouth responsible for causing decay

- ◆ *Theragum/Theramints: 100% Xylitol*
  - Use three to five pieces per day
  
  - Chew one piece after each meal or a snack
  
  - Chew for at least five minutes then discard
  
- ◆ *Trident with Xylitol*
  
- ◆ *Orbits with Xylitol*

**Minimize Caffeine and Alcohol :** Preventing dehydration

**Increase water intake:** Maintain hydration

### *WEB LINKS:*

**Xylitol:** <http://www.dentist.net/xylitol.asp>

**Fluoride Varnish:** <http://jada.ada.org/cgi/content/abstract/131/5/589>