



## Dry Mouth FAQ

Dry mouth occurs when the salivary glands in your mouth don't produce enough saliva. This may be caused by certain health conditions, medications, and many other factors.

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### DIY Dry Mouth Sprays:

- Mix One: **Glycerin rinse**
    - 1 TBSP glycerin
    - 6-8 oz water
    - Flavor can be added (mint extract, 1 drop)
    - **Directions:** Mix the following in a small atomizer bottle (6-8 oz) until solution becomes dissolved. Spray liberally in the mouth anytime your mouth feels uncomfortably dry.
  - Mix Two: **Baking soda rinse**
    - 8 oz warm water
    - 1 tsp baking soda
    - Flavor can be added (mint extract, 1 drop)
    - **Directions:** Mix until solution becomes dissolved. Rinse and spit anytime your mouth feels uncomfortably dry.
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### Everyday products that help with dry mouth:

- Look for Sensodyne Pro-Namel or any SLS-free products. Sodium Lauryl Sulfate (SLS) is a common ingredient in toothpaste or mouth rinses, so make sure you avoid these.
  - Look for products containing Xylitol. This is common in melt away lozenges, gum, or Ice Chips (found online). Xylitol helps moisten your mouth and kills bacteria at the same time.
  - **Careful!** Xylitol is dangerous for animals, so keep it away from pets.
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For more information about dry mouth, give us a call.