



Beacon Hospital

DEPARTMENT OF SPEECH AND LANGUAGE THERAPY

TIPS ON MANAGING DRY MOUTH

1. **Sip on juices and other fluids** throughout the day. Keep water at your bedside.
2. **Replace saliva with salivary substitutes** (e.g. Glandosane, BioXtra Moisturising Gel).
3. **Stimulate the production of saliva** by –
 - Chewing sugar-free gum
 - Rubbing a cotton bud dipped in lemon juice under the tongue
 - Sucking sugar-free citrus flavoured sweets/lollipops (If your Speech and Language Therapist feels it is safe to do so)
4. **Avoid spicy or dry foods or hard crunchy foods** such as biscuits.
5. **Minimise your intake of salty foods** as they may cause pain in a dry mouth.
6. **Eat soft creamy foods** (casseroles, soups), or **cool foods** with high water/liquid content – melon, grapes.
7. **Moisten foods** with gravy, sauces, extra oil, margarine, butter, salad dressings, conserves, mayonnaise or yoghurt.
8. **Chew pineapple** as it has enzymes that help clean the mouth.
9. **Always take water or non-alcoholic drinks with meals.**
10. **Avoid anything that may make a dry mouth worse**, such as;
 - Alcohol
 - Smoking
 - Caffeine
 - Mouth-breathing
12. **Protect against dental caries/decay** by avoiding sugary foods/drinks and by
 - Reducing sugar intake
 - Avoiding sticky foods such as toffee
 - Keeping your mouth very clean (twice daily tooth-brushing)

- Using fluoride toothpaste
- Using a fluoride, alcohol free mouthwash
- Having regular dental check ups

13. Protect your lips with water-based lubricants, cocoa butter or lip balm.

Do not use Vaseline or lanolin-based cream because if these materials are aspirated (go down the airway instead of the gullet), the oil is highly damaging to the lungs.

14. If the air in your home feels dry, try using a humidifier or place a pot/bowl of water near the heat source to help moisten the air. (The humidifier and pot of water should be cleaned on a regular basis).



TIPS TO HELP YOU ENJOY MEALS IF YOUR SENSE OF TASTE HAS CHANGED

- Use an alcohol free mouthwash regularly.
- Drink plenty of liquids.
- Sharp-tasting fruit drinks/juices may help to take away unpleasant tastes.
- Using strong flavoured sauces can help – curry sauce, chilli sauce or sweet and sour sauce.
- Enhance the flavour of foods by using more seasonings and herbs (e.g. oregano, basil, thyme, tarragon, garlic, Worcester sauce).

ENSURE ALL DRINKS ARE THICKENED TO THE APPROPRIATE CONSISTENCY, AS PER SPEECH & LANGUAGE THERAPY RECOMMENDATIONS.