



SENIOR SMILES

# Dry Mouth (Xerostomia)

Dry mouth can make eating, swallowing and talking very uncomfortable.

Tips to managing dry mouth:

- Maintain good oral hygiene for natural teeth & dentures
- Keep hydrated and increase tap water intake
- Reduce intake of caffeine (tea and coffee)
- Increase salivary flow by chewing on sugar free lollies or gum
- Relieve symptoms with a dry mouth product (eg. Biotene)



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