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اگر آپ کو اس کے ترجمے کی ضرورت پیش ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

MANAGING A DRY MOUTH (XEROSTOMIA)

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PATIENT INFORMATION

WHAT IS XEROSTOMIA?

Xerostomia is the management of dry mouth condition.

MANAGING A DRY MOUTH

- Sip on juices and other fluids (water is best as it doesn't damage teeth) throughout the day. Keep water at your bedside.
- Some people can find salivary substitutes useful (these can be prescribed by your doctor).
- Stimulate saliva with sugar-free chewing gums or diabetic sweets.
- Avoid spicy or dry foods, and hard crunchy foods such as biscuits, or dunk them in liquids. Take small bites and eat slowly. Eat soft creamy foods (casseroles, soups), or cool foods with a high liquid content – melon, grapes, ice-cream. Moisten foods with gravies, sauces, extra oil, margarine, salad dressings, sour cream, mayonnaise or yoghurt.
- Always take water or non-alcoholic drinks with meals.
- Avoid anything that may worsen dryness, such as drugs, unless they are essential (e.g. anti-depressants); alcohol (including alcohol containing mouthwashes); smoking; caffeine (in coffee, some soft drinks); mouth breathing.

- Protect the lips with a lip salve or petroleum jelly.
- Consider a humidifier for the bedroom.

Protect against dental decay by avoiding sugary foods/drinks and by:

- Reducing sugar intake (especially avoid snacking and eating last thing at night).
- Avoiding sticky foods such as toffee.
- Keeping your mouth very clean (twice daily tooth brushing and flossing).
- Using a fluoride toothpaste.
- Using fluoride gels or mouthwashes daily before going to bed.
- Having regular dental checks.

Protect against thrush and halitosis (bad breath) by:

- Keeping your mouth very clean.
- Keeping your mouth as moist as possible.
- Rinsing twice daily with a mouthwash.

- Brushing or scraping your tongue.
- Keeping dentures out at night.

FURTHER INFORMATION

Additional information or advice regarding this procedure can be obtained by contacting St. Peter's Hospital – telephone **01932 872000** ext. 2493 or Ashford Hospital – telephone **01784 884009**.

Additional information can also be obtained by logging on to <http://www.baoms.org.uk/sitemap.asp?id=20>

Other web links

National Institute of Dental and Craniofacial Research
Patient.co.uk

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