



How to instructions

Dry mouth gels, sprays and dry mouth rinses



This article explains products for a dry mouth.

Why dry mouth matters

- Dry mouth can be caused by age, medicines, cancer treatment or other health problems.
- Not having enough saliva (spit) is one of the biggest risks for tooth decay.
- Sip water often during the day. This is better than drinking a lot at once.

Dry mouth products last longer than water. They make the mouth more comfortable and help with talking. Always follow the instructions on the product.

Gel

- Put a pea-sized amount on your finger or a cotton swab.
- Spread it on the tongue, gums, roof of the mouth, cheeks and teeth.

- Use any time, day or night. You do not need to spit.
- If you do not like the taste, try another brand.

Spray

Sprays are easy to use but thinner. They may not last as long.

Rinse

Swish a small amount around the mouth for about 30 seconds. Spit out the extra. These rinses do not sting.

Other tips

- You can make a rinse at home with bicarbonate of soda and water.
- Dry mouth gel can also be used instead of denture glue. It is easier to clean off.