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اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Managing a Dry Mouth (Xerostomia)

## Oral and Maxillofacial Surgery

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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# Managing a Dry Mouth (Xerostomia)

## 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 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