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Xerostomia

- 1) No alcohol containing mouthwashes or drinks.
- 2) Assess any medications being taken.
- 3) Use saliva stimulants such as sugarless lemon drops or chewing gum.
- 4) Chew Xylitol, lactoperoxidase and/or glucose oxidase containing gum or other products.
- 5) Use a saliva substitute such as Salivart or Orabalance.
- 6) Drink more water. Swish and swallow
- 7) Flouride, either rinse, gel or trays.
- 8) M I paste
- 9) Use a humidifier at night.
- 10) Possible prescriptions such as Salagen or Evoxac.