



## MOUTH CARE & CANKER SORES

### WHAT IS XEROSTOMIA (“DRY MOUTH” OR “BURNING MOUTH”)?

Dry mouth can have causes that aren't due to underlying disease. Examples include not drinking enough fluids, sleeping with the mouth open, dry, hot weather, eating spicy foods or medication side effects (commonly from antidepressants, sleeping pills and antihistamines such as Benadryl®).

#### The following recommendations may help treat or prevent dry mouth:

- Increased hydration – recommended adequate daily fluid intake is:



- Sialagogue Use—Sialagogues are substances that promote the secretion of saliva:
  - » Lemon or lime juice in water
  - » Lemon drops/sour candy
- Biotène® Dry Mouth Oral Rinse 2-3 times per day and especially at night.
- Glycerin (USP) used as an oral rinse 2-3 times per day and especially at night.
- If there is an association with **Candidiasis** or **oral thrush**, we may add an antifungal rinse or tablet.

### WHAT IS A APHTHOUS ULCER (“CANKER SORE”)?

An aphthous ulcer is typically a recurrent round or oval sore or ulcer inside the mouth on the inside of the lips and cheeks or underneath the tongue. Most canker sores clear on their own in one to two weeks. Treatments, if needed, include mouth rinses, pastes and medication.

#### Recommendations which may help include:

- Warm salt water rinsing and gargling—stir 1/2 teaspoon of salt in about 4 ounces of warm water.
- Hydrogen peroxide rinse and spit—dilute a 3 percent solution of hydrogen peroxide with equal parts water.
- ACT® Fluoride rinse or Biotène/Glycerin (USP) rinse 2-3 times daily.
- In some cases, we may prescribe an antibiotic.