



LS Dental

Ipoh · Dr. Kent Teoh

PATIENT GUIDE

Living with a dry mouth

Saliva quietly protects your teeth.
When it runs low, decay races ahead
— but there's a lot you can do.

● Medicines

● Sjögren's

● Fast decay

Why a dry mouth **matters**

Saliva does far more than keep you comfortable. It **washes away food**, **neutralises acid**, **fights germs**, and helps you taste, chew and swallow. With too little of it, the mouth loses its natural defence — and **decay can appear fast**.



Washes & cleans

clears food and debris away



Neutralises acid

buffers the acid that causes decay



Fights germs

holds bacteria and thrush in check



Taste & swallowing

makes eating and speaking easy

The risk: a persistently dry mouth (xerostomia) can lead to rapid decay — often at the **gumline and root** — plus thrush and sore, cracked lips.

Common causes

The most common cause by far is **medicines** — hundreds list dry mouth as a side effect. But it's worth ruling out other causes too.

MEDICINES

Many everyday medicines — for **blood pressure, allergies, mood, bladder and pain** — reduce saliva. More medicines together, more dryness.

SJÖGREN'S SYNDROME

An autoimmune condition that **dries the mouth and eyes** together — worth a doctor's check if both are dry.

HEALTH & TREATMENTS

Diabetes, dehydration, and **radiotherapy or chemotherapy** to the head and neck.

EVERYDAY FACTORS

Anxiety, mouth-breathing or snoring, smoking, alcohol and caffeine — and it becomes more common with age.

Don't stop medicines yourself: if a medicine seems to be the cause, your doctor may adjust the dose or switch it — ask rather than stop.

Keep it comfortable & cavity-safe

Two goals: **ease the dryness**, and **protect the teeth** from the decay that dryness invites. Small daily habits do both.

● Ease the dryness

- Sip water often; carry a bottle
- Sugar-free gum or lozenges boost saliva
- Saliva sprays or gels for relief
- Cut caffeine, alcohol & smoking; a bedroom humidifier

Protect the teeth

- Fluoride toothpaste — and a stronger one if advised
- Avoid sugary sips through the day
- More frequent dental check-ups
- Alcohol-free mouthwash only

See a doctor if: your **eyes are dry too**, it started with a new medicine, or it won't settle — the cause can often be treated.

Is it more than **just thirst?**

Everyone feels dry sometimes. A **persistent** dry mouth that affects eating, speaking or sleep is worth acting on — especially for your teeth.



A sticky, dry feeling most of the day



Trouble swallowing or speaking for long



Cracked lips, sore tongue, bad breath



New or fast decay, especially at the gumline

A dry mouth that won't settle?

We'll help you stay comfortable and protect your teeth from decay.



wa.me/601111896237



LS Dental

Ipoh · Dr. Kent Teoh

For general education only — not a diagnosis. See a dentist or doctor for persistent symptoms.