



Symptomatic Treatments

- Water-based lubricant
- Frequent sips of water
- Oral rinses and/or gels
 - PerioSciences AO ProVantage Antioxidant Infused Dental Gel
- Humidifier use at night
- Minimal intake of caffeine and alcohol
- Sugar-free sialogogues (e.g., sugar-free chewing gum and mints)
- Saliva substitute
- Xylimelts – Mucoadhesive disks

Systemic Medications

- Parasympathomimetic medicine
 - Pilocarpine (5 mg p.o., t.i.d.) – Salagen
 - Adverse Effects: Sweating, nausea, dizziness, increased pulmonary secretions
 - Cevimeline (30 mg p.o., t.i.d.)
 - Adverse Effects: Nausea, vomiting, diarrhea, runny nose, severe sweating
- Pilocarpine mouthwash (1% to 2% solution; 1-minute oral rinse)
- Pilocarpine Lollipop (5 mg) – Optional
- Pilocarpine Lozenge (5 mg) – **Recommended**

Avoid

- Mouthrinses that contain alcohol
- Sweet, sticky foods
- Spicy, acidic or dry foods
- Alcohol
- Cinnamon or lemon-flavored candies or gum
- Toothpaste that contains sodium lauryl sulfate



PRODUCTS

Xerostomia Management

- Water-based Lubricant
- CTx2 Xylitol Gum (CariFree)
- Xylitol Gum and Mints (Epic Dental)
- BasicBites (Ortek Therapeutics)
- CTx2 Spray – Saliva Substitute 9.09 pH (CariFree)
- Allday Dry Mouth Spray (Elevate Oral Care) 7.0 pH
- AO ProVantage Antioxidant Gel (PerioSciences)
- OraMoist Dry Mouth Patch (DenTek)
- Xylimelts (OraCoat, Amazon.com)

