

# TIPS AND TRICKS

## MEDICATIONS AND YOUR ORAL HEALTH



More than 400 prescribed and over the counter medications cause xerostomia (dry mouth).



Dry mouth increases the risk of oral disease — less saliva to coat the teeth with fluoride and wash away food particles.



Know if your medications might increase your risk for dry mouth — ask your physician or pharmacist to identify those that have a tendency to reduce saliva.



Use water, sugar free chewing gum, or solutions recommended by your dentist to reduce dry mouth conditions — never use hard candy, chewing gum, or beverages that contain sugar.



Some prescribed and over the counter medications have a sugar base — ask your doctor or pharmacist for a substitute and ask your dentist if you should rinse with water after using them.



Some medications leave a coating on your teeth — ask your dentist, physician or pharmacist if you should rinse with water after using them.

