



Date: _____

Client's Name: _____

Registered Dietitian's Name: _____

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Dry Mouth

Dry mouth can be caused by recent surgery, radiation, chemotherapy, and/or certain medications. You may experience dry, cracked lips and tongue, thick mucous and less saliva. This can make chewing and swallowing difficult and more painful, increasing your risk of infections and cavities, and cause unpleasant taste changes. Good mouth care is extremely important when you have dry mouth.

Dry mouth can be managed better if you eat well, drink plenty of fluids and clean your mouth often using a baking soda and salt rinse below:

Recipe: ½ tsp (2 ml) baking soda and ½ tsp (2ml) salt dissolved in 2 cups (500 ml) of warm water. Discard rinse after 24 hours.



	Some Suggested Foods	Some Foods to Avoid
Fruits and Vegetables	Applesauce Melon Canned fruit	Acidic or citrus fruits (e.g. tomato, lemon) if you have mouth sores
Grains	Pasta with butter/oil Mashed or instant potatoes Cream corn Cereal with extra milk Hot cereal	Dry crackers or melba toast Dry bread, toast Popcorn and rice cakes Plain rice Sticky pastries
Meat and Alternatives	Cottage cheese Canned, flaked meat/fish Eggs (scrambled/poached)	Nuts Peanut butter
Fluids	Milk or Milkshakes Herbal Teas Soup or broth Tart sugar-free lemonade *	Alcohol (may increase dryness) Club soda/Pop *Avoid tart beverages if sore mouth
Other	Moist casseroles Stews or chowders Pudding or custard Yogurt	Highly seasoned or salty foods or condiments (e.g. chili, soya sauce) Dry, crunchy foods (potato chips) Chocolate

Helpful Hints:

Eat

- Eat mainly soft, moist foods at room temperature
- Take small bites and chew well to increase the amount of saliva being combined with food
- Pureeing foods in the blender if you cannot manage solid foods
- Use extra margarine, butter, sour cream, gravy, sauces, mayonnaise, broths, cream soups, salad dressing, and yogurt to moisten foods such as meat, potatoes and vegetables
- To help increase saliva production and moisten your mouth, suck on sugar-free candies, ice chips, sugar-free gum, and try consuming small amounts of sugar-free lemonade
- Avoid foods that may stick to the roof of your mouth (e.g., chocolate, peanut butter, pastries) and dry, crunchy foods. See table on page 1.



Drink

- Sip on fluids between mouthfuls to help swallow dry foods
- Dunk or soak dry foods in liquids (e.g., sandwich in soup)
- Sip on water throughout the day. Try water flavored with sugar-free drink crystals or herbal teas if water does not appeal to you
- Carry a small bottle of fluids with you wherever you go and at your bedside
- For thick, sticky or ropy saliva, try baking soda and salt rinse, warm herbal tea, or broth to help break up the mucous



Mouth care

- Rinse your mouth with the baking soda and salt rinse whenever you feel the need to moisten your mouth, add a fresh taste in your mouth, to manage thick saliva and for good oral mouth care.
- **AVOID** commercial mouthwashes that contain alcohol, which can irritate and dry out you mouth.
- Artificial saliva and other dry mouth products are available at most pharmacies and may be helpful:
 - Moi-stir ® Oral Spray
 - Biotene ® Gel, Mouthwash, or Toothpaste
 - Saliva Sure ®
 - X-Pur ® Gum and mints (Xylitol)
- Use a cool mist humidifier or vaporizer to help manage a dry mouth
- Keep lips moist with lip balm (bees wax). **AVOID** lip balms that contain glycerine or petroleum
- Avoid sticky and sugary foods. If consumed, brush your teeth immediately after eating them
- Avoid tobacco use as it irritates your mouth and throat

