



# Sjögren's India

For Living Well with Sjögren's syndrome

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## Tips on dental care for Dry Mouth

**Dry Mouth is a hallmark symptom of Sjögren's syndrome. Patients usually require greater dental care as they tend to have frequent tooth decay.**

- Maintaining good oral hygiene is very important for Dry Mouth patients.
- Sip water frequently.
- Avoid smoking or chewing tobacco.
- Eat a healthy diet and avoid sugary, sticky foods which promote decay-causing bacteria.
- In order to stimulate salivation you could chew on sugar free gums and candies, suck on lemon slices or gooseberries.
- In order to minimize tooth decay, brush your teeth after every meal or at least rinse your mouth with plain water.
- Keep your tongue clean by brushing with a tooth-brush or a tongue scraper.
- You could use special Dry Mouth toothpastes if available or at least one containing fluoride.
- Consider using supplemental fluoride either as a daily rinse or gel or applied in a dental clinic after a discussion with your dentist.
- Use dental floss or a *Proxa NS* brush to ensure the removal of food debris between teeth every day.
- An alcohol free antibacterial mouthwash would help minimize oral bacteria.
- In order to avoid extensive damage to your teeth and expensive dental procedures, you should visit your dentist as soon as you notice any problem or at least twice a year even when you think you are doing fine.
- Remove dental prostheses at night, and clean and soak them in anti-fungal preparations every day.
- Discuss with your dentist the use of re-mineralizing products such as *Tooth Mousse* to help prevent tooth decay.

- You could use Dry Mouth gels/sprays which give temporary relief from symptoms of dry mouth. These are especially useful when you are talking for long periods, doing exercise or undergoing dental work.
- Discuss the long term restoration plan for your teeth with your dentist. Remember saving every tooth is important!
- Using Dental prosthesis can sometimes be difficult for Dry Mouth patients. Check with your dentist regarding special powders and gels that are now available in the market for helping to 'fix' dentures more comfortably in a Dry Mouth.

**Please make multiple copies of this sheet and give to SS patients.**

**For more information on Sjögren's syndrome (SS), visit website [www.sjogrensindia.org](http://www.sjogrensindia.org)  
Contact Sjögren's India on e-mail: [sspatientgroup.india@gmail.com](mailto:sspatientgroup.india@gmail.com)**

**Become a member of Sjögren's India TODAY!!**

**Write to us at:**

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**Call us on: 079 26922254 or +91 9510170002 / 9429133344**

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*Based on Sjögren's Syndrome Foundation(SSF), USA's Patient Education sheet.*