

Sugar-Free Gum After 60 Dry-Mouth & Chewing Tracker

Use gum as an add-on - not a substitute for fluoride, brushing, or dental care

WHEN CAN SUGAR-FREE GUM HELP?

Chewing sugar-free gum can increase saliva flow. For some people, that can help neutralize plaque acids and ease mild dry-mouth symptoms. It works best as an add-on to brushing twice daily with fluoride toothpaste and cleaning between teeth.

1. Is Gum a Reasonable Choice for Me?

☐ I have natural teeth	☐ My mouth feels mildly dry
☐ Chewing is comfortable	☐ I can chew without jaw pain
☐ My crowns / fillings feel stable	☐ I do not have temporary dental work

2. Reasons to Be Cautious

☐ Jaw pain, TMJ soreness, or headaches	☐ Loose crown, filling, or tooth
☐ Temporary crown / temporary dental work	☐ Full or partial denture that moves
☐ Gum sticks to my denture	☐ Chewing causes fatigue or clicking with pain

3. Product Label Check

Check	What I found
Sugar-free?	☐ Yes ☐ No
ADA Seal?	☐ Yes ☐ No ☐ Not sure
Main sweetener(s)	Xylitol / sorbitol / mannitol / other: _____
Chewing directions	
Any warning relevant to me?	

4. Practical Use

☐ Use sugar-free gum rather than sugar-containing gum.
☐ Chew after meals if that fits my routine.
☐ If I use an ADA-accepted gum, follow its directions - some are evaluated for about 20 minutes after eating.
☐ Stop if chewing causes jaw soreness, headache, pulling, or dental discomfort.
☐ Keep brushing twice daily with fluoride toothpaste.
☐ Keep cleaning between teeth daily.

XYLITOL: USEFUL, BUT NOT A MIRACLE

Xylitol is a non-cavity-causing sweetener and is reasonable in sugar-free gum. But current evidence does not justify treating xylitol as a stand-alone cavity cure. Much of the benefit of sugar-free gum comes from avoiding sugar and stimulating saliva.

7-Day Gum & Dry-Mouth Log

Track whether chewing actually improves comfort and whether it causes jaw or dental problems.

Day	When used	Dry mouth before (0-10)	Dry mouth after (0-10)	Jaw / tooth symptoms?
1				
2				
3				
4				
5				
6				
7				

What I Noticed

☐ Saliva increased noticeably	☐ Mouth felt more comfortable
☐ Benefit lasted only briefly	☐ Gum helped after meals
☐ Jaw became sore or tired	☐ Headache or clicking developed
☐ Gum stuck to dental work / denture	☐ No meaningful benefit

Questions for My Dentist / Healthcare Provider

☐ Is sugar-free gum appropriate with my dental work?	☐ Is my dry mouth mild enough for gum to help?
☐ Do I need stronger fluoride protection?	☐ Could a medication be contributing to dry mouth?
☐ Should I avoid gum because of jaw symptoms?	☐ Would a saliva substitute or gel work better?
☐ Is my denture stable enough for gum chewing?	☐ Do I have new cavities or exposed roots from dry mouth?

My Plan

Gum I plan to use	
When I will use it	
How long	
Dry-mouth product / fluoride plan	
When I will stop and call the dentist	

STOP AND GET ADVICE IF...

Chewing triggers persistent jaw pain, a loose tooth or restoration moves, a denture repeatedly dislodges, or dry mouth is severe, worsening, or accompanied by frequent cavities, mouth sores, swallowing difficulty, or other new symptoms.

For general information only. Sugar-free gum may help stimulate saliva in people with residual salivary function, but it does not replace fluoride, brushing, interdental cleaning, or evaluation of persistent dry mouth. SeniorDentalGuide.com