

WHICH DRY MOUTH PRODUCT IS RIGHT FOR ME?

Use this guide to compare product types. No single option is best for everyone, and comfort products do not always protect against cavities.

1. Start With When and Where You Need Relief

My situation	A product type to consider	What to keep in mind
Dryness while away from home	Lozenge, gum, or portable spray	Portable and convenient; relief may be brief.
Dryness during long conversations	Spray, sugar-free gum, or lozenge	Choose an option you can use discreetly and safely.
Persistent nighttime dryness	Moisturizing gel or adhering disc	May last longer; follow label directions.
My whole mouth feels dry	Moisturizing rinse	A moisturizing rinse may not contain fluoride.
Dry mouth with natural teeth or cavities	Fluoride toothpaste; ask about added fluoride	Moisture and cavity protection are different needs.
Dryness with denture discomfort	Gel, spray, or rinse—plus a fit check	Soreness or slipping may mean the denture needs adjustment.

2. Compare What You Try

Product/type	When used	Relief lasted	Texture/flavor okay?	Would use again?
			☐ Yes ☐ No	☐ Yes ☐ No
			☐ Yes ☐ No	☐ Yes ☐ No
			☐ Yes ☐ No	☐ Yes ☐ No
			☐ Yes ☐ No	☐ Yes ☐ No

3. Notes for My Next Appointment

☐ Dry mouth happens every day ☐ Symptoms are worsening ☐ Repeated cavities
☐ Burning or mouth sores ☐ White patches ☐ Trouble chewing or swallowing
☐ New or changed medication ☐ Dentures suddenly feel uncomfortable

Questions or observations: _____

Important: Do not stop or change a prescription medicine on your own. Persistent symptoms or warning signs should be discussed with a dentist or healthcare provider. Follow product directions; sugar alcohols such as xylitol can cause digestive discomfort in some people.

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