Managing a Dry Mouth



A dry mouth can also be called **xerostomia.**

It can affect your comfort, your oral health, and your swallowing.

These strategies may help:



- ✓ **Make sure you drink enough fluids:**
  - Adults should aim for 1-2 litres of fluid per day. Water is best.
  - Limit caffeinated drinks, which are dehydrating. Herbal teas are not caffeinated.
  - Keep a glass or bottle of water near you. Set a reminder on your phone to help you remember to take sips often.
  - If you find it difficult to drink enough fluid, you can eat foods with a high moisture content. For example, ice cubes, ice lollies, jelly, soups, fruit and vegetables.
- ✓ **Steam inhalation**
  - Breathing steam from a cup of hot water can help to hydrate and moisten the mouth and throat.
- ✓ **Use an air humidifier**
  - For example, in your room at night.
- ✓ **Small water spray bottle**
  - Carry this with you and moisten your mouth frequently.
- ✓ **Suck sugar-free lollies or chewing sugar-free gum**
  - This can help trigger saliva production.
- ✓ **If your lips are dry, use Vaseline or natural lip balm to prevent soreness.**
- ✓ **Breathe through your nose as much as possible**
  - Mouth breathing dries your mouth out more.
- ✓ **Try natural remedies**
  - Grapeseed oil, dark grape juice, papaya juice, and ginger can all be helpful.



It can help to limit these:

- × **Limit alcohol intake**
  - Alcohol is dehydrating
- × **Avoid mouthwashes that contain alcohol**
  - We recommend Oral 7 products which are designed to keep mouths moist and clean.
- × **Limit your intake of vinegar, spicy and salty foods, and garlic**
  - These foods can also be drying
- × **Limit sugar intake**
  - Sugary foods can cause thick saliva.

Trial products that are designed to support a dry mouth, such as toothpaste, mouth wash, and oral gels:

- Denta Med
- Oral 7
- Biotene

© Speech Pathology Tasmania 2019, updated 2026 | Written by Sheila Steele (SLP). This resource has been created by SPT for the benefit of our clients. Please do not copy or reproduce this information without giving credit to Speech Pathology Tasmania.