

My mouth is always dry - why is this and does it affect my teeth? - Smile Solutions

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due to its natural cleansing properties. (This is one reason to chew sugarless gum after eating.) Saliva has also been shown to have antibacterial properties, containing enzymes that can effectively work to destroy harmful bacteria within the oral cavity. Without saliva and its protective properties, higher rates of tooth decay, gum disease and soft tissue disease (oral candidosis, etc.) will most likely result. What can be done to manage dry mouth? Topical fluoride applications in the dental surgery and at home can be used to help prevent demineralisation of the teeth while also helping to remineralise. Tooth mousse (CCP-ACP) products can also be used to the same effect as fluoride treatments. Artificial saliva substitutes (like Biotene or GC dry mouth preparations) can help relieve dryness and help aid in disease prevention and in speaking and chewing function. In addition to the above, you can stimulate saliva production by drinking tap water to ensure that you are adequately hydrated throughout the day and by eating foods that are chewy. Avoiding caffeine can also have a positive effect. Finally, make sure you have regular dental check-ups as a contribution to avoiding future dental problems. To book an appointment, call the friendly team at Smile Solutions today on 13 13 96 .

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