SANDQUIST DENTISTRY
LAS VEGAS SINCE 1968

702-734-0776
lasvegasdentistry.com

Dry Mouth Products: What to Buy

We do not sell any of these and have no relationship with any brand here. Buy them wherever you like.

Two different jobs, and only one changes what happens to your teeth. Comfort products make a dry mouth feel wetter. Protective products defend the teeth while saliva is low. Most people buy from the comfort shelf, feel better, and get cavities anyway. Do both. These are all adjuncts for keeping the microbiome healthy in a dry mouth, not replacements for saliva.

Buy this first: xylitol gum or mints

- Five times a day, after meals. Cheapest item here and the best evidence behind it.
- Chewing raises flow on demand; xylitol cannot be turned into acid by decay bacteria.
- Brands: Spry, Epic, PUR, Zellies. **Grocery, pharmacy or online.**

Remineralize every night

- Last thing before bed. **Spit, do not rinse**, and nothing to eat or drink after.
- **High-fluoride:** a 5000 ppm prescription paste. Ask us.
- **Nano-hydroxyapatite,** if you would rather skip fluoride. A real option, not a consolation prize.
  boka.com · caremorebrands.com · nobsdental.com

Overnight: XyliMelts

- A disc that sticks to the gum and releases xylitol for hours. The only product built to last the night, which is when saliva bottoms out.
- Our patients like these more than anything else we suggest.
  oracoat.com

pH support: CariFree

- Aimed at the chemistry rather than the feeling. With low saliva, plaque stays acidic long after eating.
- Worth it if decay is already happening rather than just threatening.
  carifree.com

Comfort: Biotene and similar

- Fine for comfort, and that is a real thing to want at 3 a.m. Rinse, spray or gel.
- It is a moisturizer, not a decay preventive. Do not let it be the only thing you do.
  biotene.com · act-oral-care.com

Rinses, if you want one

- **Nothing with alcohol.** It dries the tissue you are trying to soothe.
- **CloSYS** is where we start people. **StellaLife** after surgery. **Swish** and **NOBS** for hydroxyapatite and xylitol.
  closys.com · stellalife.com · swishdental.co · nobsdental.com
- A rinse alone will not stop cavities. Plaque is sticky; brushing and flossing do that work.

Oral probiotics: trial and error

- They do not make more saliva. Where they help is **yeast**: burning, a coated tongue, cracked corners of the mouth.
- No brand has been shown to beat the others. Give one a month; if nothing changes, try another or stop.
  BioGaia Prodentis · BLIS K12/M18 · Bristle · Great Oral Health · ProBiora · StellaLife

Costs nothing

- **A humidifier in the bedroom.** In this climate it does more than most of the shelf.
- **Plain water** through the day. Constant sipping of anything sweet or acidic is worse than the dryness it treats.

If it is severe

- Prescription medications stimulate the glands themselves. That is a conversation with your physician, and worth having if nothing here has helped.
- Also ask whether any medication can be moved to the morning, reduced or swapped. **Never stop one on your own.**

If you have a dairy allergy, read toothpaste labels. MI Paste and similar CPP-ACP products are made from milk casein, and for anyone with a milk allergy that is a serious problem. The manufacturer says they should not be used by patients with a milk protein allergy. Note this means a true milk allergy, not lactose intolerance: the lactose content is under 0.01%, so lactose intolerance is not a reason to avoid it. We use nano-hydroxyapatite instead, which does a similar job with no milk protein and no tray required.

Questions? Call 702-734-0776
2650 Lake Sahara Dr., #160, Las Vegas, NV 89117 · Mon & Tue 7-12, 1-5 · Wed 7-12, 1-3 · Thu 7-12, 1-4

Product names are for identification only. We sell none of them and have no financial relationship with any brand listed. Formulations change, so check the label. General information, not a substitute for an exam.

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