

# Dry Mouth and MND

Dry mouth can be caused by a range of factors such as medication, infection, oral hygiene, dehydration and mouth breathing.

## TRY THESE

Ask your pharmacist what they can order in for you.

### Hydrate your body

**Sip water** frequently throughout the day.  
Allow ice chips to melt in your mouth.



### Stimulate saliva

Try **Xylimelts** or chewing gum.



### Replace saliva

**Oral 7** products including mouthwash, gel and toothpaste.

**GC Dry Mouth Gel** or **Therabreath** mouthwash

**Biotene** products including mouthwash, gel and toothpaste.

**Colgate** dry mouth relief.

Or make your own:

**Grape seed oil** 60mls + 6 drops peppermint oil.



### Protect your mouth

Keep a frequent and consistent oral care regime with alcohol free products.

Try using a room humidifier at night to add moisture to the air.

## AVOID THESE

### Excessive caffeine

These can be drying and contribute to dry mouth symptoms.

### Mouthwashes containing alcohol

Watch these videos:

- Mouthcares
- Steam Inhalation



<https://metronorth.health.qld.gov.au/rbwh/healthcare-services/neurology/motor-neurone-disease>

Speech Pathologist: \_\_\_\_\_

Date: \_\_\_\_\_



Consumers contributed to this information.

Metro North Health



Queensland Government