

How to Cope with Dry Mouth

While undergoing cancer treatment, you may experience dry mouth. The salivary glands become irritated, leading to thickened or decreased saliva. It is important to keep your mouth clean, as dry mouth can increase the possibility of dental cavities and oral infections.

Try these ideas to help improve dry mouth:

#1

Use a straw to drink liquids.

#2

Eat cool, soft/moist foods (blended veggies, soft-cooked meats, popsicles, slushies).

#3

Use broths, sauces, creams, or yogurts to moisten foods.

#4

Hydrate the air with a cool-mist humidifier

#5

Try sucking on sugar-free cough drops or candies

#6

Drink nutritional supplements with or between meals.



Prevent making dry mouth worse:

#1

Consider limiting dairy products—they may increase thick secretions.

#2

Avoid mouthwashes, as ingredients may have drying effects.

#3

Avoid acidic beverages like orange juice as well as alcoholic beverages.

#4

Limit caffeinated beverages like coffee, tea, and soda.

#5

Avoid smoking and other tobacco products.

*Consult a doctor if having trouble quitting

