

Caring for your
dry mouth



Saliva matters

According to studies, about 1 in 5 of the general population experiences dry mouth. Saliva is essential for your health and well-being, and having too little of it can impact your quality of life. This leaflet helps you understand more about dry mouth and how to handle it while maintaining good oral health.

Did you know?

A healthy person produces about 1.5 litres of saliva per day. During sleep, the production is at its lowest.



The oh-so important saliva

Saliva is produced in three pairs of major glands and several minor salivary glands in the mouth. It's what makes you experience taste, it helps you swallow, lubricates, neutralises acids, rinses, cleans, and protects your teeth. It's truly an amazing fluid! Not having enough saliva can lead to:

- Cavities
- Difficulties in chewing/swallowing/speaking
- Increased risk of oral thrush
- Burning mouth sensation
- Decreased sense of taste
- Problems with dentures
- Poor sleep
- Bad breath

Using additional fluoride products and being meticulous with your oral hygiene is even more important if you have a dry mouth.

Too little saliva?

If you experience stringy saliva, a feeling of stickiness, problems tasting food, difficulties with speaking, eating, or swallowing, thirst, a sore throat or bad breath, you might not produce enough saliva. Talk to your dental professional to get advice. You can also get your saliva measured.

The following are known causes to dry mouth:

Experiencing dry mouth can also be connected to other health conditions, dehydration, stress, aging, excessive use of caffeine or alcohol, drug use, or mouth breathing.



Diabetes

Sjögren's syndrome

Parkinson's or Alzheimer's

Medication side effects

Menopause

Cancer treatment

Tips and advice

Each situation with dry mouth is unique, but here are some general tips to follow:

- Brush your teeth for at least two minutes twice a day with a mild fluoride toothpaste without SLS (Sodium Lauryl Sulphate)
- Clean between your teeth at least once a day
- Use extra fluoride to prevent cavities
- Keep hydrated
- Keep your lips moistened
- Avoid or limit spicy, acidic food, tobacco, alcohol and caffeine
- Use sugar-free chewing gum (if you have some saliva)
- Choose harder foods that require more chewing to stimulate saliva flow. Cheese and vegetables are good options. Avoid dry, sticky, spicy, very hot or very cold foods and drinks.



Ease your dry mouth

First, it's important to identify the cause of dry mouth. Then, to lighten discomfort and prevent complications. TePe's products do not treat dry mouth. Still, they can help stimulate saliva, give a moisturised, refreshed feeling, and protect against cavities.

Unflavoured or flavoured?

If you have little or no saliva production and a very sensitive mouth, we recommend our unflavoured products. If you have more moderate problems, the mildly flavoured and/or saliva-stimulating products can be a better option.



Unflavoured



Fresh taste of
apple/peppermint
Stimulates
saliva

Mouthwash, gel or spray?

Because of its high fluoride content, we recommend using the mouthwash 1–2 times/day, preferably not in connection to toothbrushing, for extra cavity protection. Our tip: use after lunch and right before going to bed. The mouth gel can be used as often as needed and is suitable during both day and night. The spray stimulates saliva and helps you refresh your mouth during the day.



The hydrate range

The products refresh, moisten, and soothe. The hydrating, fluoride-containing mouthwashes also give additional cavity protection.

TePe® Hydrating Mouthwash (1) Unflavoured moistens the mucosa, leaves a pleasant feeling in the mouth and protects against cavities.

TePe® Hydrating Mouthwash Mild apple/peppermint (2) does the same but also stimulates saliva.

TePe® Hydrating Mouth Gel Unflavoured (3) gives immediate comfort*, moistens and soothes the oral mucosa and is convenient and easy to use whenever you need it – great for on-the-go.

TePe® Hydrating Mouth Gel Mild peppermint (4) does the same but also leaves a smooth fresh feeling.

TePe Hydrating Mouth Spray Mild apple/peppermint (5) stimulates saliva and gives a moisturised, refreshed feeling.

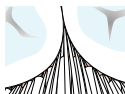
*The duration of the comfort is individual; people with no or little saliva usually experience a more prolonged effect.



Oral hygiene essentials

Put some energy into cleaning between your teeth daily and keeping your gums healthy – it will pay off!

TePe® Supreme (6) comes in regular and compact size, with soft bristles in two layers.



TePe Gentle Care (7) a toothbrush with super soft filaments for gentle cleaning of sensitive oral tissue.



TePe® Interdental Brush (8) efficiently removes plaque between teeth. The **extra soft** brush is a good option for a sensitive mouth.



TePe® Gingival Gel (9) contains antibacterial chlorhexidine to fight bacteria and fluoride to strengthen teeth.



TePe Pure (10) Mild peppermint and Unflavoured, a gentle toothpaste without foaming and colouring agents, with mild or no added flavour.



Products for sensitive mouths



Supreme



Gentle Care



Extra soft

- ☐ 0.45 mm
- ☐ 0.5 mm
- ☐ 0.6 mm
- ☐ 0.7 mm
- ☐ 0.8 mm
- ☐ 1.1 mm



Gingival Gel



TePe Pure™
(Mild peppermint)



TePe Pure™
(Unflavoured)



TePe® Hydrating Mouthwash
(Mild apple/peppermint)



TePe® Hydrating Mouthwash
(Unflavoured)



TePe® Hydrating Mouth Gel
(Mild peppermint)



TePe® Hydrating Mouth Gel
(Unflavoured)



TePe® Hydrating Mouth Spray
(Mild apple/peppermint)



TePe® Lubricating Mouth Spray
(Unflavoured)



Go to www.tepe.com to learn
more about dry mouth

TePe Oral Hygiene Products Ltd

Eklund House | 6 Cathedral Avenue | Wells, Somerset BA5 1FD

info@tepe.co.uk | www.tepe.com/uk

TePe Munhygienprodukter AB

Bronsåldersgatan 5, 213 76 Malmö, Sweden

Tel +46 (0)40 670 11 00 | info@tepe.com

www.tepe.com

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