

Medications & Dry Mouth

The Hidden Threat to Your Oral Health



Dry Mouth/Xerostomia and Periodontal Disease

Dry mouth can lead to a host of dental problems. Reduced salivary flow contributes to the development and worsening of periodontal disease and may compromise the gum health of teeth and dental implants.

Periodontal Disease - Reduced saliva flow creates an ideal environment for bacterial overgrowth, leading to gingivitis and periodontitis. Without adequate moisture, plaque buildup increases, exacerbating gum inflammation and attachment loss.



Medications that Often Cause Severe Dry Mouth

Adderall and other stimulants
Antidepressants
Anxiety medications
Psychotropic medications

Also: antihistamines, antihypertensive drugs, decongestants, muscle relaxants, certain pain medications, diuretics, and many drugs classified as "anticholinergics" which directly affect saliva production; these side effects are often listed on medication information leaflets.



Other Oral Complications of Dry Mouth/Xerostomia

Dental caries (decay): Reduced natural cleansing action of saliva increases risk of cavities along the gumline and between teeth.
Burning mouth syndrome: Causes discomfort, makes eating and speaking difficult. Common with psychotropic drugs.
Candidiasis - Saliva contains antifungal properties to control candida in the mouth. Without it fungal infections become more common. Common with stimulants and psychotropic drugs.

Preventive Measures

- Increase hydration
- Use saliva substitutes
- Fluoride treatments and prescription toothpaste
- Maintain excellent oral hygiene
- Regular dental checkups
- Strongly consider weaning off any offending medications if possible (*consult with physician)

