ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Dry Mouth

Dry mouth can result from medications, dehydration, or mouth breathing. It is a common symptom in patients who are not eating or drinking much.

Common signs and symptoms to monitor for:

- Dry cracked lips
- Thick saliva
- Bad breath
- Difficulty swallowing or speaking
- Discoloration to tongue and/or gums

Tips for Anxiety Management:

- Encourage regular sips of water or ice chips to keep the mouth moist.
- Use oral moisturizers or saliva substitutes as recommended.
- Offer sugar-free gum or candy to stimulate saliva production.
- Maintain good oral hygiene; use a soft toothbrush and non-alcoholic mouthwash.

Record and Report to St. Francis:

- Persistent dry mouth despite management
- Signs and symptoms of oral infection (i.e. pain, swelling, drainage)
- Difficulty swallowing
- Pain
- Triggering factors (i.e. after certain medications)

St. Francis Reflections is always available to assist with any questions or concerns 24/7

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