

General Advice on Sjögren's Syndrome

Dry eyes

- Avoid dry smoky atmospheres to cut down on eye irritation.
- Avoid contact lenses.
- Tear substitutes (such as Hypromellose) can be used during the day. These can often be bought over the counter. Some last longer than others.
- An ointment such as Lacrilube or Lubritears can be used overnight. Warming these preparations can help ease application.
- If there is a lot of stickiness then tell your doctor, as a different type of drop may help with this.
- Fresh bottles of tear substitutes should be used each week or two, to avoid contamination

Dry mouth

- Avoid excess sweet foods.
- Avoid cigarette smoking and excess alcohol.
- Try to avoid dry atmospheres. Humidifiers or large plants can increase moisture in the air.
- Sipping water or sucking ice cubes regularly can help.
- Sugar free chewing gum or pastilles can help stimulate flow of saliva.
- Because of the reduced production of saliva, teeth are vulnerable to decay and it is important to visit your dentist regularly.
- Cutting down on sweet food and avoiding sugar containing fizzy drinks can help reduce tooth decay. Regular teeth brushing, flossing and fluoride supplements can also help with this.
- Saliva substitutes can be tried (sprays and lozenges) and it is important to have one with fluoride in it, if you have your own teeth (Saliva Orthana or Luborant sprays are examples).
- Salvia replacement gels can be tried (Biotene Oralbalance or Bio Xtra).
- Mouthwashes can help reduce gum disease and alleviate soreness.
- Sometimes your doctor will suggest a tablet to try to increase the production of saliva (pilocarpine).

Mouth ulcers

- Dilute chlorhexidine mouthwash (half mouthwash, half water) used twice daily may help.

Cracked lips

- Try using petroleum jelly (e.g. Vaseline).

Dry Skin

- Shower rather than a bath.
- Regular moisturiser.
- Avoid strong soaps (use aqueous creams and emollients).