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Dry skin in mouth

Dry mouth, also known as xerostomia, is a condition where your mouth doesn't have enough saliva. The most common cause is gland malfunction. Glands can malfunction because of stress, medication, nervousness, or autoimmune disorders. Smoking is another leading cause of dryness as well. People who smoke will find that their mouth always feels a little dry.Dry mouth leads to oral issues, such as swollen glands, gum disease and an increase in tooth decay. People with this condition have to follow a healthy oral routine. This includes regular professional cleanings and trips to the dentist. A dentist will inspect the salivary glands. When they find blockages then can remove them to stimulate salivary flow.Dry mouth can be uncomfortable and have serious consequences to your health. Dryness irritates the tissues of the mouth, which makes them prone to infection. Without the beneficial effects of saliva, tooth decay becomes a serious threat. Taking care of your teeth and gums is vital to overall wellness. 'No,' you're thinking. 'That annoying dry skin rash condition is baaack.' And it's stretching all the way from your chin up to your mouth. Your mouth! The part of you that kisses your mom good morning and your significant other goodnight. Well, no kissing now. And what's more, you're wondering, what is this? And why do you have it?The dry skin, rash-y condition you're seeing could be a number of skin conditions. We'll discuss a few likely causes.Perioral dermatitisWhat you're seeing might be perioral dermatitis. According to the American Osteopathic College of Dermatology (AOC), this facial rash is typically red and scaly, or bumpy. It's sometimes accompanied by mild itching or burning.What's more, the rash can spread as far up as the skin around the eyes, and it seems to affect women more than men or children. It can also continue to affect women off and on for months or even years. When the rash also involves the skin around the eyes, the condition is called periorificial dermatitis. EczemaEczema, which is also known as atopic dermatitis, is another possible cause of dry skin around your mouth. It's a genetic condition that makes it difficult for your skin to protect against things like allergens and irritants. This type of skin dryness doesn't affect your lips, just the skin around them. You may experience:dry skin small, raised bumps cracking of the skin It can also be itchy. Allergic contact dermatitisAnother possible cause is allergic contact dermatitis. This allergic skin reaction causes a red, itchy rash to develop where your skin has come into contact with an ingredient or substance that you're allergic to.The most likely culprit around the mouth would be a facial product, cream, or cleanser that you've used on your face. Irritant contact dermatitisOne more possible cause is irritant contact dermatitis, which occurs when your skin is exposed to substances that are harsh and irritating to your skin. This can cause:red patchesdry, scaly skinblistersitching or burningOften this can occur around the mouth from drooling or licking your lips. While it's best to visit your dermatologist to examine the dry skin around your mouth, here is an image of perioral dermatitis to give you an idea of what it looks like. Share on PinterestTopical corticosteroid use is commonly associated with perioral dermatitis. Photo: DermNet New ZealandThe first thing you should know is that perioral dermatitis is poorly understood and has especially been linked to the use of topical steroids. SteroidsTopical steroids are used for inflammatory skin problems such as atopic dermatitis, also known as eczema. In this case, what's good for one skin problem can actually cause another. In fact, use of these creams or, alternately, inhaled prescription steroid sprays containing corticosteroids has been linked to perioral dermatitis. Face creamsOver-the-counter (OTC) heavy face creams and moisturizers have also been cited as possible causes for this condition. Even fluorinated toothpastes have been blamed.Other causesUnfortunately, there's a long list of other potential causes, such as:bacterial or fungal infectionsbirth control pillsunscreensOverall, the most important thing you need to know is that these factors are only associated with perioral dermatitis. The condition's exact cause is unknown.Your healthcare provider will perform a physical examination and ask questions about your skin care and bathing habits. They'll also ask about any known allergies to specific ingredients or substances.Another area of questioning may center around medical conditions, such as eczema. Your healthcare provider will want to know what topical medications you've used on your face and for how long, in addition to any other medications you use, such as inhalers. Treatment will depend on what's causing dry skin around your mouth. Your dermatologist will create a treatment plan after diagnosing the cause. For example:Perioral dermatitis: This is treated very similarly to rosacea. However, if a topical steroid is to blame, your healthcare provider will either have you stop using the steroid or reduce the use of it until you can stop it without a bad flare.Eczema: Treatment for eczema can include things like OTC moisturizing products, prescription topicals, and potentially immunosuppressant and biologic medications. Contact dermatitis: If allergic or irritant contact dermatitis is the cause, your healthcare provider may prescribe topical steroid ointments or creams, soothing lotions, and in severe cases, an oral steroid. Also, if the cause is allergic contact dermatitis, patch testing may be needed to identify the offending substance so that it can be avoided. In irritant contact dermatitis, the offending substance should be avoided or minimized in order for treatment to be successful. In any case, your condition may need several weeks to clear up.If your condition is not severe and you want to try home remedies before seeking professional help, consider changing your skincare products. Using fragrance-free products is key. If you have sensitive skin, this is a good idea to follow in general.If the cause is perioral dermatitis, you'll want to stop any use of topical steroids on your face. When dry skin shows signs of redness or infection, it's a serious concern. You should make an appointment with a healthcare provider or dermatologist as soon as possible.Infections may occur because dry skin can crack — and even bleed — which can let bacteria in.If you have dry, flaky skin around your mouth, it could be due to a number of skin conditions. Be aware of the skincare products you use. Avoid chemical-laden creams. Opt for fragrance-free creams. If you use a corticosteroid on your face, and the skin around your mouth is getting drier and more irritated, it could be perioral dermatitis. If you have a severe condition — red rash, bumpy skin, and possible itchiness or burning — you should see your healthcare provider immediately. Medically reviewed by University of Illinois — Written by Tim Newman on January 2, 2018CausesSymptomsRemediesTreatmentWe include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here's our process.Dry mouth is a symptom that leads to a lack of saliva. Individuals with dry mouth do not have enough saliva to keep the mouth wet. The condition is also informally known as xerostomia, pasties, cottonmouth, drooth, doughmouth, or des. This article will look at the causes, symptoms, diagnosis, and treatment of dry mouth. Share on PinterestDry mouth is often a side effect of pharmaceutical drugs. Possible causes include: Medications: Many prescription and OTC medications cause dry mouth, including antihistamines, decongestants, hypertensive medications (for high blood pressure), anti-diarrheals, muscle relaxants, urinary continence drugs, some Parkinson's disease medications, as well as a number of antidepressants. Age: Even though dry mouth is not a natural part of aging, older adults tend to take more medications than the rest of the population. Many of the medications taken by seniors cause dry mouth. Cancer treatment: Radiotherapy (radiation therapy) to the head and neck can damage the salivary glands, resulting in less saliva being produced. Chemotherapy can alter the nature of the saliva, as well as how much of it the body produces. Injury or surgery: This can result in nerve damage to the head and neck area can result in dry mouth. Tobacco: Either chewing or smoking tobacco increases the risk of dry mouth symptoms. Dehydration: This is caused by lack of sufficient fluids. Exercising or playing in the heat: The salivary glands may become dry as bodily fluids are concentrated elsewhere in the body. Dry mouth symptoms are more likely if the exercise or playing continues for a long time. Some health conditions, illnesses, and habits can cause dry mouth, such as: anxiety disordersdepressionHIV/AIDSParkinson's diseasepoorly controlled diabetesSjögren's syndromeleeping with the mouth openstroke and Alzheimer's disease, although these are more likely to cause a perception of dry mouth even when the salivary glands are functioning appropriately Signs and symptoms of dry mouth may include: bad breathcheilitis, or inflammation and fissuring (splitting or cracking) of the lipscracking and fissuring of the oral mucosa, or inner lining of the cheeks and lips, in which skin at the corners of the mouth may split or become soredryness in the mouthdysgeusia, or taste disordersfungal infections in the mouth, such as thrushglossodynia, or a painful tongueincreased need to drink water, especially at nightinflammation of the tongue, tongue ulcerslipstick sticking to teethmore frequent gum diseasemore tooth decay and plaqueproblems speakingproblems swallowing and chewing - especially dry and crumbly foods, such as crackers or cerealsproblems wearing dentures - problems with denture retention, denture sores, and the tongue sticking to the palatesialadenitis, a salivary gland infectiona sore throatasticky salivastringy salivaThere are many ways to keep the mouth lubricated and prevent the symptoms of dry mouth.These include:sipping non-carbonated, sugar-free fluidschewing gum that contains xylitol, available for purchase online.using a carboxymethyl cellulose saliva substitute as a mouthwash may help avoiding mouthwashes that contain alcohol. A range of alcohol-free mouthwash is available for purchase online.not wear dentures during sleep.eating foods such as carrots or celery breathing through the nose, as this does not dry the mouth to the same extent as breathing through the mouth does. using a humidifier to add moisture to a bedroom, which may help reduce dry mouth symptoms that develop during sleep. Humidifiers are available for purchase online.Individuals should avoid: chewing or smoking tobaccosugary foods or drinksacidic foods or drinksdry foodspicy foodsastringentsexcessively hot or cold drinks Alcohol consumption should be kept to a minimum or avoided altogether, and caffeine should be only be consumed in moderation. Treatment for dry mouth depends on several factors such as whether the patient has an underlying condition or disease, or is taking certain medications that may be causing dry mouth. If an underlying cause is found, steps need to be taken to minimize its effect. Medications: If the dry mouth is thought to be caused by a particular medication, the doctor will either alter the dosage or prescribe another drug which is less likely to cause dry mouth. Stimulating saliva production: Medication may be prescribed to stimulate the production of saliva, such as pilocarpine (Salagen) or cevimeline (Evxac). Experts say that symptomatic treatment for dry mouth typically includes four areas: increasing the flow of salivareplacing lost secretionscontrolling dental cariesspecific measures, such as treating infections A person with dry mouth should pay special attention to oral/dental hygiene. This includes plaque removal and treatment of gingival infections, inflammation, and dental caries. Brushing teeth and flossing regularly is important. Diagnosis The doctor or dentist will probably examine the patient's mouth and review their medical history. Blood tests and imaging scans of the salivary glands may also be ordered. Sialometry: This is a simple procedure that measures the flow rate of saliva. Collection devices are placed over duct orifices of the saliva glands, and saliva production is stimulated with citric acid. Sialography: This is a radiographic examination of the salivary glands and ducts. It may be useful in identifying salivary gland stones and masses. Biopsy: A small sample of salivary gland tissue is taken. Often used in the diagnosis of Sjögren's syndrome. If malignancy (cancer) is suspected, the doctor may also order a biopsy. Many doctors report that often, even though the patient complains of severe dry mouth, the oral mucosa appears to be moist. Less frequently, it may be the other way round - the oral mucosa appears dry, but the individual does not complain of dry mouth symptoms. Dry mouth is sometimes referred to as xerostomia. Experts say that xerostomia is usually caused by inadequate function of the salivary glands. An individual with xerostomia typically finds it harder to enjoy food. Xerostomia is a common problem. It is a frequent side effect of medication, which may improve with a new prescription or an adjustment of dosage. We all get a dry mouth sometimes - when we are upset, under stress, or extremely frightened. Xerostomia is different - the individual's mouth is dry most of the time. Some patients may think dry mouth is a normal part of aging, but it is not. It is, however, more commonly found in older adults. Experts say the main reason is that elderly people take more medications compared with the rest of the population, and some of these medications cause xerostomia. Xerostomia may be a symptom of a serious systemic disease, such as systemic lupus erythematosus, rheumatoid arthritis, scleroderma, sarcoidosis, amyloidosis, Sjögren's syndrome, Parkinson's, Diabetes, or hypothyroidism. A systemic disease is one that affects the entire body. Dry mouth is not a disease but a symptom of other conditions. Last medically reviewed on January 2, 2018Public HealthEar, Nose, and ThroatSeniors / Aging dry mouth and peeling skin in mouth. dry patch of skin in mouth. dry skin in mouth corner. dry skin in mouth area. dry skin in mouth treatment. white dry skin in mouth. very dry skin in mouth. dry cracked skin in corner of mouth

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