

Using Over-the-Counter and Prescription Mouth Rinses

Mouth Rinses are classified as having medicinal properties. That's fancy talk for killing germs. Mouth washes are known to make breath fresh and that's all. There are also rinses you can find in your drug store that will help with dry mouth.

Prescription Rinses

The prescription rinse you will receive from your dentist is known as Chlorhexidine Gluconate. This is frequently dispensed for gingivitis, following periodontal therapy, and in the presence of active infections. More recently, it has been recommended for patients that are cavity prone because it will also kill the germs that cause decay.

Instructions for use

Unless otherwise instructed by your dentist, the instructions are as follows.

- Rinse with ½ oz for 30 seconds twice daily following brushing.
- When you are finished rinsing, spit the rinse out, do not swallow.
- Do not rinse with water after using.
- Avoid eating or drinking for 30 minutes after using. The rinse causes an unpleasant taste in the mouth if followed with beverages or food.

Note: This rinse may cause staining on the teeth. The stain can be removed by your dentist or hygienist.

Over-the-Counter Rinses

There are a variety of rinses available over-the-counter. They come in a number of flavors and can be found with or without alcohol. These can be used at your discretion but they can be overused. It is not advisable to rinse more than twice daily or for longer than 30 seconds at a time. Overuse can contribute to inflammation of the gums and other tissues in the mouth. It can also cause oral dryness and tenderness.

Mouth rinses can be used daily or once monthly to help control bacteria that cause gum disease and/or cavities. Once every month, for seven consecutive days, use the rinse once following brushing and flossing as instructed. This protocol will greatly reduce the germs present in the mouth every month to help protect against oral disease without requiring daily use.

Instructions for use

- Rinse with the recommended amount following brushing for a maximum of thirty seconds.
- When you are finished rinsing, spit the rinse out, do not swallow.