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## Mouth Rinses

**We may recommend a mouth rinse to you for one or more of the following reasons:**

Periodontal Disease, Gingivitis, Halitosis (bad breath), sensitive teeth, decay or increased risk of decay, dry mouth, minor mouth sore or irritation.

**Red**= RX only    **Blue**= Available through your dentist only    **Green**= Over the counter

\*Common side effects found with many mouth rinses include the possibility of staining. We still encourage you to use the rinse that treats your problem because none of the stains these rinses cause are permanent. With good oral hygiene on your part, using your bleaching trays and bleach as needed, you can keep the staining to a minimum. If there is any staining that you can't prevent, it can always be easily removed by your hygienist at your next cleaning.

**If you have periodontal disease or Gingivitis, we may recommend an antimicrobial/antiseptic type rinse. These rinses kill germs, reduce plaque, redness, swelling and bleeding when used in conjunction with proper brushing and flossing. Some common examples of antiseptic rinses are:**

**Peridex or Perioguard oral rinses are available by prescription only.** Active ingredient is chlorhexidine gluconate .12%. These also contain alcohol 11.6%. Can cause staining of the teeth\*, taste alteration and dry mouth.

**Periomed Oral rinse is available through your dentist only.** Active ingredient is stannous fluoride .63%. It is alcohol free. Periomed provides antimicrobial activity for up to 8 hours. Also promotes enamel remineralization, and helps reduce sensitivity. Can cause staining\* and dry mouth.

**Listerine Antiseptic:** Active ingredient is alcohol 26.9% in the original gold Listerine, and 21.6% in the other flavors. Also includes essential oils. ADA Seal of Acceptance. Helps to reduce the severity of gingivitis.

**Crest Pro Health:** Active Ingredient is cetylpyridinium chloride .07%. It is alcohol free. Kills germs without the burn of Listerine. Can cause staining\*.

**Crest Pro Health Invigorating Clean Multi Protection:** Active ingredients are cetylpyridinium chloride and 10.8% alcohol. Can cause staining\*.

**Cepacol:** Active Ingredient cetylpyridinium chloride .05%, alcohol 14.5%, and essential oils.

Scope Original: Active ingredient cetylpyridinium chloride .045% and alcohol 15%.

Scope Outlast: Active ingredient- cetylpyridinium chloride .045% and 15% alcohol in the green, and 12.5% in the blue.

**If you have a healthy mouth, have halitosis (bad breath) or just want to freshen your breath, some examples of common mouthwashes are:**

Listerine Zero: Contains essential oils. Kills bad breath germs only, not for the treatment of gingivitis.

Scope Dual Blast: Alcohol 9 %. Kills bad breath germs only, not for the treatment of gingivitis.

Toms of Maine Wicked Fresh: Natural ingredients help eliminate bad breath with zinc chloride. Has a minute amount of alcohol.

Toms of Maine Cleansing: Natural ingredients, alcohol free. Includes baking soda and menthol.

**If you have a history of decay, have an increased risk of decay, or have sensitive teeth, we may recommend a fluoride rinse. Fluoride helps strengthen enamel, remineralize white spots or decalcified enamel, protect crown margins and reduce sensitivity. Some examples of common fluoride rinses are:**

Colgate Prevident Rinse: Available by prescription only. Active ingredient .2% sodium fluoride. Provides 4x the fluoride of OTC rinses. 6% alcohol. Used once weekly.

Colgate Gel-Kam Oral Care Rinse: Available by prescription only. Active ingredient .63% stannous fluoride. Alcohol free.

ACT Anticavity rinse: Active ingredient is sodium fluoride .05%. Highest concentration available for OTC rinses. Alcohol free. ADA Seal of Acceptance. Use once daily.

ACT Total Care: Active ingredient sodium fluoride .05%, and 11% alcohol in icy clean mint (blue).

ACT Total Care: Active ingredient sodium fluoride .05%. Alcohol free. Freshmint (green).

ACT Sensitive: Active ingredient sodium fluoride .02% and natural botanicals. Alcohol free. Gentle on a sensitive mouth. Not for the treatment of sensitive teeth or gingivitis.

Listerine Fluoride Defense: Active ingredient .02% sodium fluoride APF solution. Alcohol free. Use twice daily.

Listerine Total Care: Active ingredient sodium fluoride .02% APF solution. 26.9% alcohol. Kills germs, fights plaque, gingivitis and cavities (purple).

[Listerine Total Care Zero](#): Active ingredient sodium fluoride .02% APF solution. Alcohol free. Not antiseptic.

[Listerine Smart Rinse for kids](#): Active ingredient sodium fluoride .02%, cetylpyridinium chloride. Sticks to areas of plaque missed by brushing. Can cause staining. ADA accepted.

[Crest Pro Health Complete](#): Active ingredient sodium fluoride .02%, cetylpyridinium chloride, Alcohol free.

[Crest Pro Health "For Me"](#): Active Ingredient sodium fluoride .02%. Alcohol free. ADA accepted.

[Colgate Phos-Flur Ortho Defense](#): Active ingredient sodium fluoride 44% APF solution. Reduces white spots. ADA accepted.

[Toms Of Maine Childrens Anticavity Fluoride Rinse](#): Active ingredient .02% sodium fluoride. Alcohol free. ADA accepted.

**If you have a minor mouth irritation or sore, we may recommend:**

[Colgate Peroxyl](#): Active ingredient hydrogen peroxide 1.5%. Mild mint is alcohol free, original mint has 6% alcohol. For use with canker sores, minor wounds, minor burns, and gingival inflammation.

[Glyoxide Oral Cleanser](#)- Active ingredient 10% carbamide peroxide. Alcohol free. Kills germs and can remove stains from dentures. For temporary use on mouth irritation or sores, or can also be used every day to improve overall oral hygiene.

**If you have a dry mouth, we may recommend:**

[Biotene Dry Mouth Oral Rinse](#): Alcohol free. Soothes dry mouth symptoms, refreshes without burning.

[Biotene PBF Oral Rinse](#) – Helps loosen BioFilm. Alcohol free, refreshes without burning.

[ACT Total Care Anticavity Fluoride Rinse for Dry Mouth](#): Active ingredient .02% sodium fluoride. Soothes dry mouth with natural botanicals. Alcohol free, moisturizes, freshens breath and fights cavities.