

FOCUS_{on} MOUTHRINSES

This detailed table provides information about the latest therapeutic and cosmetic mouthrinses.

Patients rely on their oral health professionals for sound advice and suggestions—on everything from oral hygiene regimens to restorative advice to which product is best for their unique oral health needs. One commonly sought recommendation is about mouthrinses. The large variety of mouthrinse formulations suggest there is no one-size-fits-all solution. *Dimensions of Dental Hygiene* presents our annual “Focus on Mouthrinses” to highlight the latest mouthrinse products and summarize their individual qualities by ingredients and indications. We hope you find this guide useful in your quest to deliver high-quality care and thoughtful recommendations to your patients.

—Jill Rethman, RDH, BA
Editor in Chief




Note: Mouthrinse manufacturers in the United States were invited to submit information for this table. There may be inadvertent product omissions. Submissions are edited for length and clarity. Clinicians are encouraged to research the claims and indications provided herein to determine if a specific product is effective for a particular patient.

| MANUFACTURER | PRODUCT NAME | ACTIVE INGREDIENTS | INDICATIONS | CONTRAINDICATIONS |
|-----------------|--|-------------------------------|---|---|
| 3M Oral Care | PerioMed™ 0.63% Stannous Fluoride Oral Rinse Concentrate | 0.63% Stannous fluoride | Gingival inflammation, caries, hypersensitivity | Any known allergies to ingredients |
| | PERIDEX™ Chlorhexidine Gluconate 0.12% Oral Rinse | 0.12% Chlorhexidine gluconate | Gingivitis and periodontal bleeding | Any known allergies to ingredients or chlorhexidine |
| ACT/Chattem Inc | ACT® Anticavity Mint Fluoride Mouthwash | 0.05%/0.02% Sodium fluoride | Prevents caries; strengthens teeth; freshens breath; American Dental Association Seal of Acceptance | Not for children younger than 6 unless recommended by a physician |
| | ACT Dry Mouth Anticavity Fluoride Mouthwash | 0.02% Sodium fluoride | Prevents caries; soothes dry mouth; moisturizes mouth tissue; strengthens teeth; freshens breath | Not for children younger than 6 unless recommended by a physician |
| | ACT Restoring Anticavity Mouthwash | 0.05%/0.02% Sodium fluoride | Prevents caries; strengthens enamel; remineralizes soft spots; freshens breath | Not for children younger than 6 unless recommended by a physician |

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|--|---|--|---|---|
| CariFree/Oral BioTech | CTx3 Rinse | 0.05% Sodium fluoride | Anti-caries; reverses bacterial selection pressure; neutralizes decay-causing acids; fluoride for remineralization; long-term prevention/maintenance; promotes maintenance of a healthy oral environment | None |
| | CTx4 Treatment Rinse | 0.05% Sodium fluoride when mixed | Anti-caries; reduces the oral bacterial bio-burden; neutralizes decay-causing acids; fluoride for remineralization | None |
| Cetylite Industries Inc | Protexin® Oral Rinse | Zinc chloride | Cleans the mouth of debris and ropery saliva; refreshes breath after operative procedures; also available in a spray | None |
|  Colgate | Colgate® Total® Advanced Pro-Shield™ | 0.075% Cetylpyridinium chloride | Significantly reduces plaque; helps prevent gingivitis | Not for children younger than 12 |
| | Colgate Periogard® Rinse (Rx only) | 0.12% Chlorhexidine gluconate | For use between dental visits as part of a professional program for treating gingivitis as characterized by redness and swelling of the gingivae, including gingival bleeding on probing; has not been tested on patients with acute necrotizing ulcerative gingivitis; for patients with existing gingivitis and periodontitis, see precautions | Should not be used by those who are hypersensitive to chlorhexidine gluconate or other formula ingredients |
| | Peroxyl® Rinse | 1.5% Hydrogen peroxide | For use in cleansing canker sores and minor mouth wounds, and treating minor gum inflammation | None |
| DenMat | Pro-DenRx® 0.12% Chlorhexidine Gluconate Oral Rinse | 0.12% Chlorhexidine gluconate | Chlorhexidine rinse with antimicrobial benefits to significantly reduce gingival inflammation and bleeding due to gingivitis; sodium lauryl sulfate and dye free | Not for those who are hypersensitive to chlorhexidine gluconate or other formula ingredients |
| | Pro-DenRx 0.63% Stannous Fluoride Rinse | 0.63% Stannous fluoride | Once daily rinse to prevent caries, inhibit plaque, and reduce sensitivity in gingiva; can be used as a rinse or with an irrigator; mint flavor; sodium lauryl sulfate and dye free | Not for children younger than 6 unless recommended by a dentist or physician |
| | Pro-DenRx 0.2% Neutral Sodium Fluoride Rinse | 0.2% Neutral sodium fluoride | Home fluoride rinse for caries prevention; plaque-controlling formula is great for cosmetic patients; mint flavor; sodium lauryl sulfate and dye free | Not for children younger than 6 unless recommended by a dentist or physician |
| Dental Herb Co | Tooth & Gums Tonic | Cinnamon bark, eucalyptus, lavender, peppermint, and thyme essential oils; echinacea and gotu kola herbal extracts | For daily use to improve oral health; nonstaining alternative to chlorhexidine; alcohol-free antimicrobial rinse reduces gingival inflammation and periodontal bleeding and eliminates breath malodor; additional uses in post-surgical, crown and bridge, and post-implant care | None |
| | Under the Gums Irrigant | Cinnamon bark, eucalyptus, lavender, peppermint, and thyme essential oils; echinacea and gotu kola herbal extracts | Dilute with water for daily irrigation to improve oral health; alcohol-free, nonstaining antimicrobial concentrate; use in an oral irrigator to reduce gingival inflammation and periodontal bleeding and eliminate breath malodor; additional uses in post-surgical, crown and bridge, and post-implant care | None |
|  Dentsply Sirona | Nupro® Chlorhexidine Gluconate 0.12% Oral Rinse | Ethyl alcohol (ethanol), chlorhexidine gluconate | Indicated for use between dental visits as part of a professional program for the treatment of gingivitis, as characterized by redness and swelling of the gingivae, including gingival bleeding on probing; not tested among patients with acute necrotizing ulcerative gingivitis; for patients having coexisting gingivitis and periodontitis, see precautions | Chlorhexidine gluconate oral rinse should not be used by individuals known to be hypersensitive to chlorhexidine gluconate or other formula ingredients |
| Dr. Harold Katz LLC | TheraBreath Fresh Breath Oral Rinse | OXYD-8 (proprietary stabilized ClO ₂) | Formulated to fight the sulphur-producing bacteria that cause oral malodor; effective against caries; alcohol free | None |
| | TheraBreath Healthy Gums Perio Oral Rinse | PeriO2 (proprietary stabilized Oxychlor compounds), zinc gluconate, melaleuca althornifolia (tea tree) leaf oil | Formulated to help patients with gingivitis, bleeding gums, and periodontal problems; offers protection from plaque and tartar; alcohol free | None |
| | TheraBreath Dry Mouth Oral Rinse | Vegetable glycerin, lysozyme, amalyse, papain, amyloglucosidase, serralsin, lactoferrin, spilanthes acmella flower extract | Relieves xerostomia symptoms; moisturizes with enzymes found in real saliva; contains a natural salivary stimulant to help patients produce more of their own saliva; alcohol free | None |
| Forward Science | SalivaMAX™ | Supersaturated calcium phosphate rinse | United States Food and Drug Administration-cleared, prescription strength rinse that is indicated for hyposalivation, xerostomia, and mucositis | None |
| | SalivaCAINE | Benzocaine | Temporary relief of oral pain | Allergy to “-caine” products |

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| GlaxoSmithKline  | Biotene Dry Mouth Oral Rinse | Glycerin, xylitol, sorbitol solution | Relief of xerostomia symptoms; alcohol free | None |
| | Biotene PBF Oral Rinse | Propylene glycol, xylitol, sodium benzoate, benzoic acid, mutanase, disodium phosphate, zinc gluconate, lactoferrin, lysozyme, lactoperoxidase, potassium thiocyanate, aloe vera gel, calcium lactate | Relief of oral dryness; helps loosen plaque biofilm (with brushing); alcohol free | Contains milk and egg derivatives |
| | ProNamel® Fluoride Rinse | Fluoride 225 ppm | Helps protect against the effects of acid erosion; provides extra protection against the effects of acid erosion when used in conjunction with twice-daily brushing with a fluoride toothpaste | None |
| Henry Schein | ACCLEAN® Chlorhexidine Gluconate 0.12% Rinse | 0.12% Chlorhexidine gluconate | Indicated for the treatment of gingivitis, tissue inflammation, periodontal bleeding, and plaque accumulation | Not recommended for individuals known to be hypersensitive to chlorhexidine gluconate or other formula ingredients |
| Johnson & Johnson Consumer Inc  | Listerine® Antiseptic Original, Cool Mint, Freshburst® | Eucalyptol 0.092%, menthol 0.042%, methyl salicylate 0.060%, thymol 0.064% | Anti-plaque/anti-gingivitis mouthrinse with the ADA Seal of Acceptance; OTC rinse intended to provide gingivitis reduction comparable to prescription-strength rinse; designed to kill 99.9% germs that cause breath malodor, plaque, and gingivitis | Not for patients younger than 12 |
| | Listerine Total Care Zero Fresh Mint, Total Care, and Total Care Stain Remover | Acidulated phosphate fluoride rinse: sodium fluoride 0.02% (0.01% w/v fluoride ion) | Helps prevent caries, restores enamel, and strengthens teeth; kills bad breath germs; patient-pleasing minty flavor; Stain remover offers same benefits of Total Care, while restoring teeth to natural whiteness | Total Care Zero not for patients younger than 6; Total Care and Total Care Stain Remover not for patients younger than 12 |
| | Listerine Smart Rinse® Anticavity Fluoride Rinse | Sodium fluoride 0.02% (0.01% w/v fluoride ion) | Gives kids 12-hours of caries protection; designed to strengthen teeth better than brushing alone; removes particles that brushing alone might miss; fluoride strengthens teeth to help prevent tooth decay | Not for patients younger than 6 |
| MCMP | OraSoothe (Available in Hygiene or Oncology) | Polymannans from aloe vera, xylitol, and oils of clove, thyme, and winter-green | For healing, comfort, and prevention of contamination following scaling and root planing, prophylaxis, laser treatment, and hygiene procedures; use as a pre- or post-procedural rinse; also ideal for patients receiving cancer treatment or experiencing mouth pain/discomfort | None; designed to be swallowed |
| NOWsystem Inc | TRIOLOGY™ Restoring Rinse+ | Xylitol from organic hardwood; essential oils of sweet almond, peppermint, and rosemary; carbamide peroxide; organic whole-plant powders of aloe vera; and gluten-free wheatgrass | Indicated for bleeding gums, gum inflammation, mouth sores, wounds from dental procedures or surgery, oral discomfort, hot and cold sensitivity, oral microbiome imbalances, phlegm in the mouth, buildup of biofilm, and oral malodor | Product contains nut oil |
| Oasis Consumer Healthcare | Oasis® Moisturizing Mouthwash | Glycerin, sorbitol | Moisturizes the mouth, freshens breath, fights odors, alcohol free | Keep out of reach of children; not harmful if accidentally swallowed |
| OraTec Corp | TheraSol | Ethoxylated tertiary amine, capryl/capramidopropyl betaine | Microbial control | None |
| PerioSciences | AO ProRinse | Triple antioxidants (ferulic acid, curcuminoids, green tea catechins) | Plant-based antioxidants to counteract free radicals in the oral cavity | None |
| Philips Oral Healthcare | BreathRx® Anti-Bacterial Mouth Rinse | Cetylpyridinium chloride, Zytex™ (eucalyptus oil, thymol, zinc gluconate) | For daily use; 100% alcohol free; kills the bacteria that cause breath malodor; neutralizes odors; prevents plaque that leads to gingivitis | None |
| Prisyna | Synedent | Chitosan-argininamide, sorbitol, glycerin, xylitol, peppermint oil | Scientifically formulated rinse for daily use designed to clean the teeth and gums, reduce plaque, and freshen breath without the burning sensation common to other oral rinses | Contains shellfish derivatives |
| Procter & Gamble  | Crest® Moisturizing Oral Rinse | 0.02% Sodium fluoride (0.01% w/v fluoride ion) | Protects against caries and rebuilds weakened enamel; contains moisturizing ingredients; freshens breath; alcohol free | Consult a dentist or physician for use in children younger than 6 |
| | Crest PRO-HEALTH Multi-Protection Mouthwash | 0.07% Cetylpyridinium chloride | Helps prevent and reduce plaque and gingivitis, controls plaque bacteria that contribute to the development of gingivitis and bleeding gums; alcohol free; freshens breath | Consult a dentist or physician for use in children younger than 6 |
| | Crest PRO-HEALTH Advanced with Extra Deep Clean Mouthwash | 0.0219% Sodium fluoride (0.01% w/v fluoride ion) | Anticaries fluoride rinse; strengthens enamel for a healthier mouth; kills bad breath bacteria; alcohol free | Consult a dentist or physician for use in children younger than 12 |

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| Rowpar Pharmaceuticals Inc | ClōSYS® Unflavored Oral Health Rinse | Patented, stabilized, buffered chlorine dioxide | Gentle, pH balanced, nonirritating rinse for sensitive and dry mouths; disrupts biofilm and prevents growth; aids in periodontal procedures | None |
| | ClōSYS Gentle Mint Oral Health Rinse | Patented, stabilized, buffered chlorine dioxide | Gentle, mild mint flavored, pH balanced, nonirritating rinse for sensitive and dry mouths; disrupts biofilm and prevents growth; aids in periodontal procedures | None |
| | ClōSYS “Silver” Fluoride Rinse | 0.05% Sodium fluoride, patented, stabilized, buffered, chlorine dioxide | Gentle fluoride rinse; strengthens enamel; anti-caries; nonirritating rinse for mild to moderate dry mouth and sensitivity; recommended for relief from canker and chemotherapy sores | None |
| Sunstar Americas | GUM® Paroex™ Alcohol Free Chlorhexidine Gluconate | 0.12% Chlorhexidine gluconate | Gingivitis and periodontal bleeding; now available in both 4-oz and 16-oz sizes | Any known allergies to ingredients or chlorhexidine |
| | GUM PerioShield™ | Delmopinol 0.2% | Helps remove and prevent biofilm buildup; inhibits biofilm formation in patients with gingivitis; serves as an adjunct to normal mechanical oral hygiene practices where these have proven inadequate | Not recommended for those with hypersensitivity to ingredients, children younger than 12, or pregnant patients; contact a dentist or physician before use |
| Tom's of Maine | Natural Children's Anticavity Fluoride Mouthwash | 0.0442% Sodium fluoride | Alcohol, sodium lauryl sulfate, and dye free; strong caries protection for a healthy smile; has American Dental Association Seal of Acceptance; comes in juicy mint flavor | None |
| | Natural Long-Lasting Wicked Fresh! Mouthwash | None | Dye free and 99% alcohol free; natural mineral zinc chloride neutralizes odor from breath malodor bacteria without the burn; comes in cool mountain mint and peppermint wave flavors | None |
| Xlear Inc | Spry® Spearmint Oral Rinse | Xylitol, calcium glycerophosphate, aloe vera | Use up to twice daily; rinse for at least 30 seconds | None |
| | Spry Coolmint Oral Rinse | Xylitol, calcium glycerophosphate, aloe vera | Use up to twice daily; rinse for at least 30 seconds | None |
| | Spry Wintergreen Oral Rinse | Xylitol, calcium glycerophosphate, aloe vera | Use up to twice daily; rinse for at least 30 seconds | None |



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