



# OTC FLUORIDE MOUTHRINSE



## Active Ingredient

Sodium Fluoride  
0.05%

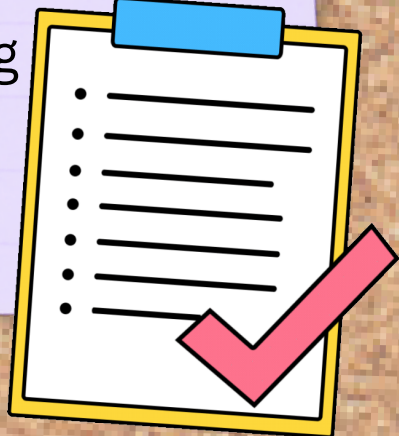
- Inorganic chemical compound
- source of the fluoride ion

## Mechanism of action

- Fluoride diffuses into the enamel and in response to lowered pH can reduce mineral loss
  - When pH rises, fluoride combines with dissolved calcium and phosphate ions to establish an improved enamel crystal structure, enhancing mineral gain and providing a more resistant material against subsequent acid attacks
- (Raj et.al, 2021)

## Instructions

- 1x/day after brushing
- Vigorously swish 10 mL- 1 min and then spit out
- Do not eat or drink for 30 minutes after rinsing



## Recommendation

- 0.05% or 230ppm for daily use
- 0.2% or 920ppm in supervised programs for those at high risk of tooth decay

(Clark et.al, 2020)



## HOW TO GET THIS PRODUCT?

- AVAILABLE IN ANY GROCERY STORE
- PHARMACY
- ONLINE PLATFORMS SUCH AS AMAZON, COLGATE WEBSITE, LISTERINE WEBSITE.



## Contraindication



- Not to be used in pediatric patients under age 6 years.
- Children under 12 years of age should be closely supervised
- Not for systemic use.



<https://www.oralanswers.com/a-full-list-of-dental-products-with-the-ada-seal/>

# References

- Clark, M. B., Keels, M. A., Slayton, R. L., & SECTION ON ORAL HEALTH (2020). Fluoride Use in Caries Prevention in the Primary Care Setting. *Pediatrics*, *146*(6), e2020034637.  
<https://doi.org/10.1542/peds.2020-034637>
- Raj, R., Haideri, S., Yadav, B. K., Chandra, J., Malik, R., & Raj, A. (2021). The effect of mouthwashes on fluoride dentifrices in preventing dental abrasion or erosion. *Journal of medicine and life*, *14*(3), 361–366. <https://doi.org/10.25122/jml-2020-0112>
- Centers for Disease Control and Prevention. (2019, March 8). *Other fluoride products*. Centers for Disease Control and Prevention.  
<https://www.cdc.gov/fluoridation/basics/fluoride-products.html>
- Colgate. (n.d.). Colgate® Phos-Flur® rinse - colgate professional.  
<https://www.colgateprofessional.com/products/mouthwash-rinses/colgate-phos-flur-rinse>