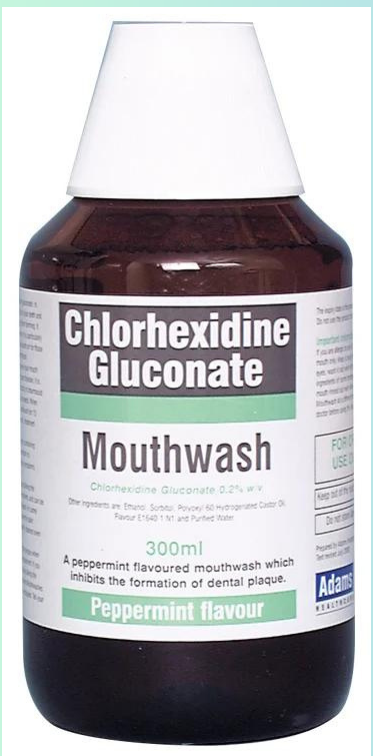
# Chlorhexidine Gluconate Mouth Rinse

by Kimberly Nguyen & Jackie Almeida




https://www.ddgroup.com/oral-hygiene--prevention/mouthwash/pda010--chlorhexidine-gluconate-mouthwash-peppermint-flavour/

## Active Ingredients

The active ingredient is chlorhexidine gluconate.

(DailyMed, n.d.)

## Mechanism of Action

Causes disruption of bacterial cellular membranes. The integrity of the cell is destroyed via the reaction of negative and positive chlorhexidine molecules interacting with one another, which leads to cell death.

(Drugbank Online, 2024)

## Instructions for use

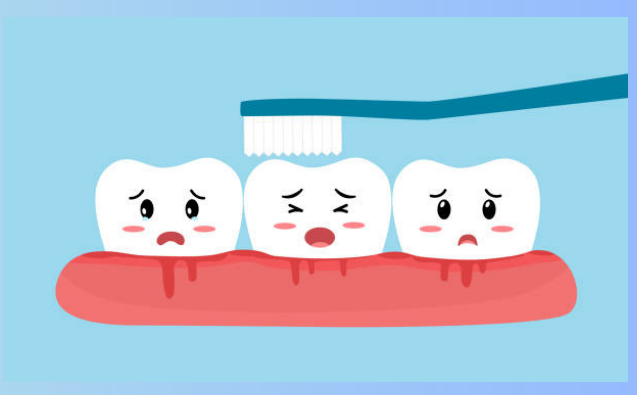
Administered in 18-20 mg dosages. Recommended use as an oral rinse twice daily for 60 seconds.

(Darby & Walsh, 2014, p. 559)

## Who/what is this product recommended for?

Recommended for the treatment of gingivitis as characterized by redness and swelling of the gingiva, including gingival bleeding upon probing. Also used as a topical antiseptic and for the treatment of inflammatory dental conditions caused by microorganisms.

(DailyMed, n.d.)



## Any Contraindications?

Do not take if you are allergic to any of its ingredients or if you are pregnant. Individuals who are pregnant should avoid formulations containing alcohol. Avoid using toothpaste for 30 minutes before and after using CHX due it deactivating CHX.

(Ali et al., 2020)
(Darby & Walsh, 2014, p. 559)

## How to get this product

Chlorhexidine is available only with your dentist's or medical doctor's prescription.

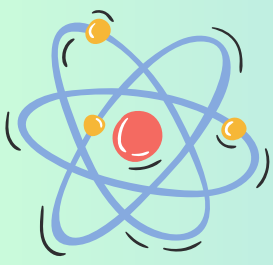
(Kaiser Permanente, 2023)

## ADA Seal or FDA Approval

Chlorhexidine gluconate is ADA Sealed

(Spolarich, 2020)

## Side Effects



- Dental and tongue staining
- Brown staining on teeth
- Staining in mouth, tooth fillings, appliances
- Change in taste
- Increase in tartar

(Darby & Walsh, 2014, p. 559)
(MayoClinic, 2024)

## Substantivity

CHX has substantivity binding to tissues in the oral cavity. Remains active for 8-12 hours.

(Darby & Walsh, 2014, p. 559)

## References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