

OTC Fluoride Mouth Rinses

PURPOSE/USE

- Remineralizes and protects enamel
- Prevents cavities
- Freshens breath
- Use if cavity prone or if demineralized lesions are present (Enerback et al., 2023)
- Use 1x daily after flossing & brushing
- Follow directions on packaging for swish times. Typically 1 minute using 10ml.



<https://www.listerine.com/mouthwash/listerine-total-care/listerine-total-care-anticavity-mouthwash>

ACTIVE INGREDIENT

- 0.02–0.05% Sodium fluoride
- *0.02% is FDA approved to use once weekly!

CAUTION

- Avoid rinses containing alcohol, can cause irritation, enamel/dentinal damage, and xerostomia due to acidity (Darby & Walsh, 2014)
- Do not eat or drink for 30 min after rinsing, prevents benefits of fluoride
- Doesn't replace fluoride toothpaste

WHERE TO PURCHASE/COST

- \$6–20
- Can be bought online or at grocery stores



<https://shop.lowesfoods.com/products/act-anticavity-fluoride-mouthwash-mint/39361>

YouTube video:
https://youtu.be/NQ_Gdlysh5M?si=_pVEmVh9yS_ddJs1

REFERENCES

Enerbäck, H., Lövgren, M. L., Strömberg, N., & Westerlund, A. (2023, September 18). Effect of high-fluoride toothpaste and mouth rinse on the prevention of demineralized lesions during orthodontic treatment: A randomized controlled trial. PubMed. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10566543/>

Walsh, M., & Darby, M. (2014). Dental Hygiene - Theory and Practice Fourth Edition. Elsevier.