

# Over The Counter Antiseptic Mouth Rinses

## Listerine Antiseptic Mouthwash



<https://www.target.com/p/listerine-antiseptic-mouthwash-cool-mint-trial-size-3-2oz/-/A-347968407?afid=google&TID=OC56CPWG=Beauty&adgroup=49-4&gStoreCode=68158QT1=1>

### Description of Active Ingredients:

- Eucalyptol 0.092%
- Menthol 0.042%
- Methyl Salicylate 0.060%
- Thymol 0.064%

### Mechanism of Action:

- Destroy microorganisms by compromising the cell membrane and inhibiting enzyme activity

### Instructions for Use:

- Rinse with 1 oz/20 mL for 30 seconds after brushing and flossing.
- Use 2x daily



### Who is this Product Recommended For:

- Best for people looking for comprehensive oral care, especially for fighting plaque and gingivitis.



### Contraindications or Side Effects:

- Do not use in children under 12 years of age. Keep out of reach of children.
- If more than used for rinsing is accidentally swallowed, get medical help or contact a Poison Control Center right away.



### Purchase & Cost:

- Available in drugstores, supermarkets, and online (Amazon, Walmart, CVS).
- \$4–\$7 for a 500 mL bottle.

### ADA Seal or FDA Approval:

- Yes, ADA Seal of Acceptance for dental caries prevention.

# Colgate Peroxyl

## Active Ingredients:

- Hydrogen Peroxide 1.5% (w/v)

## Mechanism of Action:

- When hydrogen peroxide comes into contact with oral tissues, it releases oxygen.
- A bubbling reaction occurs which mechanically removes debris and cleanses the mouth.
- Hydrogen peroxide kills anaerobic bacteria as they cannot thrive in the presence of oxygen.



## Instruction for Use:

- Rinse 10 mL (2 tsp) for 1 minute.
- Spit out after rinsing.
- Use up to 4x daily after meals and before bedtime.

## Who is this Product Recommended For:

- Adults and children over 12 years of age.
- Used to soothe or treat:
  - gum inflammation from orthodontic appliances
  - gum irritation from dentures
  - minor mouth burns
  - canker sores
  - cheek bites



text<https://allsmilesdentalgroup.com/is-mouthwash-really-necessary/>

## Your Contraindications or Side Effects:

- This product should not be used for more than 7 days.
- Avoid swallowing when using.
- Children under 2 years of age should consult a dentist before use.
- Children under 12 years of age should be supervised.
- Stop use if symptoms do not improve in 7 days.
  - irritation
  - sore mouth
  - pain or redness



### Purchase and Cost:

- Average cost between \$5.99-11.97 for a 8.41 Fl Oz bottle.
- Can be purchased at drugstores, supermarkets, or online.
  - Amazon
  - Walmart
  - Target
  - Kroger

### ADA seal or FDA-approved:

- Colgate Peroxyl is both FDA-approved and has received the ADA seal of acceptance.

### Reference:

- ADA. (n.d.). Listerine antiseptic. American Dental Association. <https://www.ada.org/resources/research/science-and-research-institute/ada-seal-of-acceptance/product-search/a065e000007A2xhAAC/listerine-antiseptic>
- Colgate. (n.d.) Colgate Peroxyl Mouth Sore Rinse. <https://www.colgateprofessional.com/products/mouthwash-rinses/colgate-peroxyl-mouth-sore-rinse#>
- Darby, M. L., & Walsh, M. (2023). Dental Hygiene: Theory and Practice (6th ed.). Elsevier.
- National Institutes of Health. (2024, November). Listerine ® original antiseptic. U.S. National Library of Medicine. <https://dailymed.nlm.nih.gov/dailymed/fda/fdaDrugXsl.cfm?setid=78e2e172-09a4-4bf1-9871-d099c49087be>
- Peroxyl® Mouth Sore Mild Mint. (n.d.). <https://dailymed.nlm.nih.gov/dailymed/fda/fdaDrugXsl.cfm?setid=b1e1b7c9-dea7-4d64-b6a8-5343f4176359>

