

# Warpeha Prosthodontic Dental Clinic

www.warpeha.us



1312 Second Street Northeast  
Minneapolis, Minnesota 55413

(612) 379-2425 phone  
(612) 379-2426 fax

**Tips for a Clean Mouth and Appliances by Hygienist Michelle A.**

## Recommendations for Mouth Rinses:

We recommend the use of mouth rinses in order to *supplement* the effectiveness of routine brushing and flossing. The only way to remove sticky plaque is to physically scrape it away with a toothbrush, floss, toothpick or other tool. Rinsing should *not be used to replace* regular brushing and flossing. There are two basic categories of mouth rinses that we recommend in this office: antibacterial rinses to help reduce the amount of bacterial plaque and fluoride rinses to help prevent decay.

### Fluoride rinse:

- ACT Fluoride Rinse – is a standard rinse to help restore teeth after acid damage caused by bacterial plaque and acidic beverages.
- ACT Restoring Fluoride Rinse – is a rinse that not only delivers fluoride but also freshens breath. However, it contains alcohol and therefore should not be used by patients with dry mouth.

### Anti-Bacterial rinses:

- Listerine Zero – helps reduce the amount of bacteria as well as inflammation of the gums. This rinse is alcohol free and is therefore recommended for everyone.
- Listerine - helps reduce the amount of bacteria in the mouth as well as inflammation of the gums. It contains alcohol and therefore is less desirable than the Listerine Zero.
- Crest Pro Health Rinse - helps reduce the amount of bacteria in the mouth as well as inflammation of the gums. This rinse does not contain alcohol however it does cause staining of the teeth on many patients, and therefore is less desirable than Listerine Zero.
- Chlorhexadine Gluconate – helps reduce the amount of bacterial plaque and inflammation of the gum tissues. This rinse stays active in the mouth for up to 12 hours. It is available by prescription only. We do provide it for purchase in our office. We have two brands we use: Peridex and GUM.