

## Common Oral Rinses

- Biotene and Oral 7 –great for xerostomia (dry mouth) but NOT antimicrobial; Alcohol free BUT, Primary function is to stimulate salivary flow
- Chlorhexidine –prevents infection, but only designed for short term use (Rx only); deactivated by blood; may cause stain and excess tartar build-up; interferes with fibroblasts; can be corrosive to titanium.
- Listerine Zero – active ingredients are essential oils
- Crest Pro Health and Smart Mouth – active ingredient Cetylpyridinium chloride (CPC) and Zinc ions (help with volatile sulfur compounds/bad breath)
- Closys and OraCare – active ingredient stabilized chlorine dioxide; natural, longer lasting than other mouthrinses (up to 8 hours); also anti-fungal and anti-viral=more protective; does not destroy fibroblast cells which help promote soft tissue healing; great for patients with tendency to develop apthous ulcers/canker sores
- Molecular Iodine- acts as a powerful antiseptic and disinfectant that kills bacteria, viruses, and fungi by disrupting their protein synthesis and respiratory functions. It penetrates microbial cell walls and destroys them, with a rapid, 30-second inactivation time for many pathogens. Unlike traditional, 10% povidone-iodine, which can cause staining and toxicity, advanced, molecular iodine solutions, are generally non-staining and, safe for, long-term use.
- Stella-Life- a brand of natural, homeopathic-based oral care products (VEGA Oral Care) designed to accelerate healing, reduce pain, and manage inflammation after dental procedures like surgeries, implants, and extractions. Formulated with botanicals and essential oils, including Azadirachta, Calendula, Echinacea, and Plantago. The products are designed to reduce the need for opioids and steroids, offering a safer, natural alternative for healing.

