



## DENTAL PRODUCTS & FUN FACTS\*

We recommend products approved by the American Dental Association ([www.ada.org/en/science-research/ada-seal-of-acceptance/ada-seal-shopping-list](http://www.ada.org/en/science-research/ada-seal-of-acceptance/ada-seal-shopping-list)). For alternative products, it is advised that you make sure the product is "**CL approved**" (Consumer Labs), and the producing company follows "**ISO**" (International Organization Standardization):

- **Cosmeticinfo.org** gives you information about oral health products and goes by ingredients as well as toxicity.
- **[www.ada.org/goto/ppr](http://www.ada.org/goto/ppr)** Professional Product Review published quarterly.
- Dental Product Comparison & Ingredients List Websites:
  - **[www.dentalproductshopper.com](http://www.dentalproductshopper.com)**
  - **[www.dentalcompare.com](http://www.dentalcompare.com)**
  - **[www.dentalcare.com](http://www.dentalcare.com)**; **[www.colgateprofessional.com](http://www.colgateprofessional.com)**; **[smartlabel.colgate](http://smartlabel.colgate.com)** (ingredients listed)
  - **[www.dailymed.nlm.nih.gov/dailymed](http://www.dailymed.nlm.nih.gov/dailymed)** (best for complete ingredients and package photo)

## MOUTHWASH

We recommend incorporating a fluoride mouthwash into your child's daily oral hygiene routine starting around age 6 (around the time a child is able to spit). Depending on your child's oral health, we recommend two different types of mouthwash. Many fluoride rinses contain 0.02% sodium fluoride to be used twice daily. If we recommend a 0.05% sodium fluoride rinse it should be used once daily preferably after night-time brushing and flossing. It is recommended to not eat or drink 30min-1 hr after using a mouthwash.

### Anticavity mouthwash:

- **Listerine Smart Rinse** (0.02% fluoride)- used twice daily
- **ACT KIDS Anti-cavity Rinse** (0.05% fluoride)- used once daily
  - Recommended for kids with a high cavity risk
- **ACT Restoring Rinse** (.02% fluoride)- use twice daily
  - Recommended for patients with braces/older kids

- **Listerine Total Care/Zero** (Alcohol-Free and Alcohol- containing Anticavity Mouthwash; 0.02% fluoride)- use twice daily
  - Good for whole family and older kids
  - If your child has gum inflammation (gingivitis) using the alcohol-containing mouthwash is recommended.
  - Do not use alcohol containing mouthwash if your child is prone to having a dry mouth.

**Alternative mouthwash for Gingivitis (gum inflammation).** Should only be used if recommended by your dentist and for children 6 and up.

- **Peridex, Perioguard, ProSoL Paroex alcohol free\***
  - Active ingredient: chlorhexidine gluconate
  - Prescribed by your dentist
- **Listerine\***
  - Many generic and natural formulations are available
  - Active ingredients: thymol, eucalyptol, menthol, methylsalicylate
  - must say "Antiseptic" on the yellow banner in order to significantly reduce gingivitis.
- **Crest Pro Health\***
  - Active ingredients: Cetylpyridinium Chloride
- **iClean\*\***
  - Active ingredients: Iodine
- **Confident Paste and Rinse\*\*/other Tea Tree Products**
  - Active ingredients: Melaleuca
- **PerioShield Mouthrinse by Sunstar Butler GUM\*\***
  - Active ingredients: Delmopinol
  - Available without a prescription
  - Contains small amount of alcohol

**\*Recommended for gingivitis reduction**

**\*\*Alternative products on this list have been shown to be effective in reducing gingivitis better than just brushing and flossing alone.**

FUN FACTS:

**\*What about "oil pulling"?**

Although there are small-scale studies that draw positive conclusions about oil pulling, the American Dental Association (ADA) does not consider oil pulling to be a reliable dental hygiene practice or a replacement for brushing and flossing.

**\*Can mouthwash whiten teeth?**

Mouthwash containing peroxide cannot significantly whiten teeth.

**\*Best ingredient for bad breath?**

Effective oral malodor agents are zinc salts, chlorine dioxide & antimicrobial essential oils (TriOral fresh breath formula).

**What about gum products?**

We recommend **Trident White** or **Trident for Kids Berry Sugar Free Gum**

FUN FACTS:

\*The physical action of chewing gum for 20 minutes after eating, stimulates saliva flow, which helps to prevent cavities by reducing plaque acids and strengthening teeth.