



Your Dental Health

by Zane Broome, D.D.S.



RECOMMENDED MOUTHWASHES

Dentists recommend that patients rinse with mouthwash daily but also caution that mouthwash does not replace brushing or flossing. However, it does improve oral hygiene by protecting against tooth decay, plaque, gum disease, and bad breath. Common ingredients in mouthwash include peroxide for whitening and fluoride to protect tooth enamel. Essential oils are also used to fight bacteria and plaque buildup. Chlorhexidine is added to some mouthwashes to fight plaque and gingivitis, while cetylpyridinium chloride may be used to fight bad breath. Choose a mouthwash that includes these ingredients to cover the full gamut of oral protection. Look for the American Dental Association (ADA) seal of approval, which guarantees that the product meets specific guidelines for safety and efficacy.

The best way to zero in on a mouthwash is probably through trial and error. Considering the abundance of products on the market today, we'll be happy to make recommendations so that you can make an informed decision. Since patient education is an important part of our practice At MONADNOCK DENTAL ASSOCIATES, we're always ready to answer your questions about dental care. Please call us if you are concerned about any aspect of your dental health or if you would like to make an appointment. We're easy to find at 123 Main Street, Jaffrey. PH: 603-532-8720.

P.S. Some toothpastes contain ingredients like calcium chloride that bond with fluoride ions, making mouthwash less effective. In these cases, you can rinse with mouthwash before brushing or with water after brushing, just before using mouthwash.

*Ask our staff how to become part of our **Whitening for Life Team***

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