



# MOUTH RINSES

## I N F O R M A T I O N

Mouth rinses can be a good addition to brushing and flossing. Some provide benefits that go beyond freshening the breath

### **GUIDELINES FOR USING MOUTH RINSES:**



- 1) Pour a small amount of mouth rinse into a cup and have the resident take it into their mouth. Have the resident close their lips with teeth slightly apart.
- 2) Encourage them to force the fluid through the teeth and swish the fluid back and forth between the teeth and all around the mouth for 30-60 seconds.
- 3) Have them spit the mouth rinse out into the sink or a basin. **Do not allow the resident to swallow the mouth rinse.**
- 4) Make sure to read the manufacturers instructions for appropriate frequency and length of time to rinse.



### **REMEMBER!**

- ★ Residents should only use mouth rinses if they have the ability to swish and spit properly
- ★ Fluoride rinses are an important addition to regular oral care especially if the resident is prone to tooth decay.
- ★ Natural mouth rinses containing aloe vera or chamomile may help reduce mouth sensitivities.

### **Remedies that can be used as alternatives to commercial mouth rinses.**

- A) A one-to-one mixture of hydrogen peroxide and saline or water;
- B) Club Soda;
- C) A mixture of a 1/2 teaspoon salt and 1/2 teaspoon baking soda in one cup of water



Rinses can be therapeutic depending on the ingredients:

- ➔ Oxygenating agents cleanse the mouth,
- ➔ Astringents agents shrink tissues when they are inflamed
- ➔ Anodyne ingredients reduce oral pain
- ➔ Buffering agents reduce acidity in the mouth
- ➔ Deodorizers neutralize odors in the mouth,
- ➔ Antimicrobial agents kill or reduce bacteria in the mouth
- ➔ Antiseptic agents inhibit the growth of bacteria in the mouth
- ➔ Fluoride helps prevent tooth decay

### **DID YOU KNOW?**

Many commercial mouth rinses contain alcohol which can dry out tissues. These should be avoided if the resident has dry mouth or is a recovering alcoholic. Non-alcoholic rinses are available.