

Mouthwash Choice & Use Planner

Do I need a rinse?

Use this page to prepare questions for your dental team. Mouthwash is an optional addition for many people.

Name: _____ Date: _____

1. My concerns or goals

- ☐ Cavity prevention
- ☐ Gum bleeding or tenderness
- ☐ Dry mouth or irritation
- ☐ Persistent bad breath
- ☐ Not sure whether I need a rinse

Other concerns or changes I have noticed:

2. Products I already use

Toothpaste, rinse, or other oral-care products:

3. Questions and advice from my dental team

Would a rinse help me? What purpose would it serve? How should it fit with my toothpaste and other care?

- ☐ No additional rinse recommended at this time

Recommendation / who advised me / review date:

Persistent symptoms deserve dental evaluation. A rinse does not replace brushing, cleaning between teeth, or separate denture cleaning.

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My product instructions

Copy directions from the current label or your dental team. If instructions are unclear or differ, ask before using the rinse.

Exact product name:

Purpose and relevant ingredients:

Directions for this specific rinse

Measured amount and rinsing duration:

How often and when to use it:

Timing relative to brushing / toothpaste:

After-use restrictions (food, drink, or water rinsing):

Prescribed stop date or review date, if applicable:

Other directions / questions to clarify:

Spit out mouthwash; do not swallow it. If rinsing or spitting is difficult, ask your dental team about a suitable alternative.

Record of instructions, not a prescription or treatment plan. Follow the label and your dental professional's advice.

Reference: American Dental Association, Mouthrinse (Mouthwash).