



Wibrowski Family Dentistry
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Benefits Of Using Mouthwash

In our last blog we talked briefly about how many germs your mouth contains. While brushing and flossing regularly definitely reduce that number, adding mouthwash into the mix helps squash those germs and bacteria just a little bit more. If you aren't currently using mouthwash, here are 3 tips that'll get you excited about adding it to your daily routine.



It Prevents Plaque Build Up

Plaque build up is one of the most common things brought up at the end of a dentist appointment. Plaque is difficult to eliminate entirely, and while routine cleanings help along the way, managing it can be rough. Mouthwash prevents it, but does not eliminate it. The trio of brushing, flossing & mouthwash are what minimize plaque as a whole.

Stops Cavities

Regular use of mouthwash is sure to reduce the chances of a cavity forming, especially when done before or after flossing. The fluoride in most mouthwashes prevents cavities and strengthens your enamel. If this is a benefit you'd like to take advantage of, make sure that the mouthwash that you are looking at has fluoride in it prior to purchase.

Removes Tiny Particles Between Teeth

Mouthwash doesn't have to only be used after brushing. Sometimes when mouthwash is used prior it can get any of the small particles wedged between teeth out, making the brushing and flossing more efficient. Rinsing at the end can also help with any pieces that the floss or toothbrush didn't reach.

Mouthwash provides these awesome benefits that flossing and brushing can't handle alone. Adding mouthwash to the end of your daily oral hygiene routine will really provide that extra effort of clean teeth and leave you with a fresh breath! In order to maintain the healthiest of smiles make sure to schedule your semi-annual and annual checkups with Dr. Wibrowski here in Edmonton!