



Johnson and Johnson

Updated evidence base reaffirms the role of mouthwash in gum health

Through our range of mouthwashes, Johnson & Johnson Ltd., the makers of LISTERINE®, are committed to supporting dental professionals in their efforts to help patients achieve and maintain gum health.

We were therefore pleased to see that an updated evidence base reaffirms the role of an antibacterial mouthwash in specific circumstances as an adjunct to mechanical cleaning.¹

Figuro and colleagues (2019) conducted a systematic review and meta-analysis exploring the adjunctive use of 11 different mouthwash formulations and concluded that adjunctive antiseptics in mouthwash provide statistically significant reductions in plaque compared to controls at six months.¹

They also came to the conclusion that, ‘... despite the high variability in the number of studies comparing each active agent and the different risks of bias, CHX [chlorhexidine] and EOs [essential oils], in mouthrinses appeared to be the most effective active agents for plaque ... control.’¹

When used as an adjunct to mechanical cleaning, LISTERINE® Total Care, an essential oil mouthwash, manages plaque levels, to help prevent gingivitis.²

For more information visit www.listerineprofessional.co.uk

References available upon request

1. Figuro E et al. Efficacy of adjunctive therapies in patients with gingival inflammation. A systematic review and meta-analysis. <https://doi.org/10.1111/jcpe.13244>; 23 December 2019

2. Boyle et al. Mouthwash use and the prevention of plaque, gingivitis and caries. *Head & Neck Oral Diseases* 2014; 20(1): 1-76