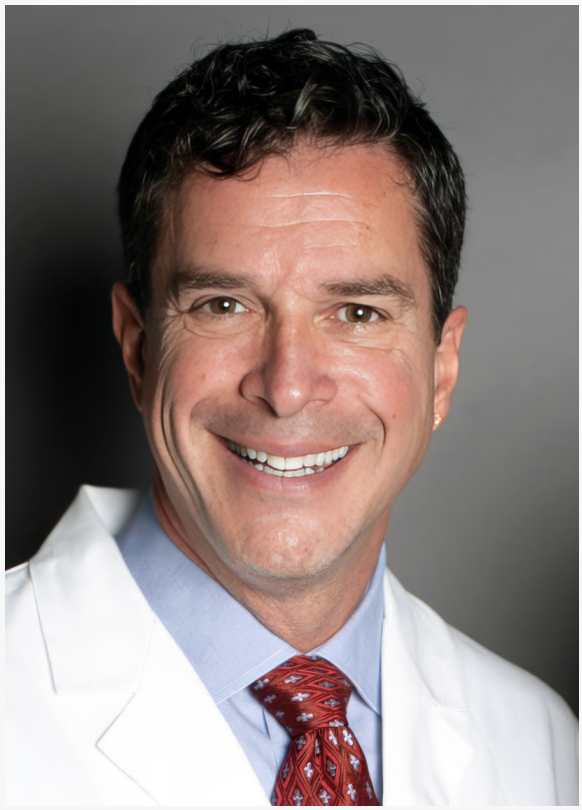
Celebrity Dentist Dr. Jay Grossman Warns Your Mouthwash Protecting Your Smile May Put Your Health at Risk

LOS ANGELES, CA, UNITED STATES, September 16, 2026 /EINPresswire.com/ -- Social media claims have raised alarming questions about whether daily mouthwash use destroys beneficial oral bacteria and potentially increases the risk of Type 2 diabetes, high blood pressure, heart disease, and impaired blood flow. Celebrity dentist Dr. Jay Grossman says the truth is far more nuanced.


Dr. Jay Grossman

"Mouthwash is not inherently dangerous, but it is also not something everyone needs to use several times every day," says Dr. Grossman. "The type of rinse, frequency of use, and individual patient's dental needs all matter."

The mouth contains a complex community of bacteria. Some contribute to cavities, gum disease, and bad breath, while others help maintain a healthy oral environment. Emerging research suggests that prolonged, frequent use of powerful alcohol-based rinses may alter this delicate microbiome.

Alcohol-based mouthwashes are a particular concern. These products do kill off a significant amount of beneficial oral bacteria along with the bad, and dentists generally recommend using them sparingly rather than as a daily habit.

Chlorhexidine, meanwhile, is a prescription-strength rinse available only through your dentist, and should be used only as directed—not as an everyday, over-the-counter substitute.

That does not mean people should immediately throw away their mouthwash.

"Occasional use of an over-the-counter rinse is unlikely to damage your oral or overall health," Dr. Grossman explains. "But repeatedly using a strong antiseptic mouthwash without a specific

dental reason may be unnecessary and potentially counterproductive."

Dr. Grossman emphasizes that mouthwash should never be considered a substitute for proven fundamentals. The ultimate home care routine, he says, is straightforward: brush twice a day for two minutes each time, floss at night, and follow with a mouthwash rinse after evening brushing and flossing to clear away any food particles the brush and floss loosened.

For patients with gum disease, tooth decay, dry mouth, persistent bad breath, or recent dental procedures, a well-chosen mouthwash can offer significant benefits. Use prescription-strength products only as directed by a dental professional.

"The smartest approach is not fear—it is personalization," says Dr. Grossman. "Ask your dentist whether you need mouthwash, which ingredients are appropriate, and how often you should use it."

The bottom line: Mouthwash can be helpful, but more is not always better. When it comes to protecting both your smile and your health, informed use beats mindless swishing.

For more than 30 years, Dr. Grossman and Homeless Not Toothless have provided more than $11 million in pro bono dental care to over 154,000 veterans, foster children, and underserved individuals. The nonprofit operates with no salaries and single-digit administrative overhead, allowing the vast majority of donations to directly support patient care. Individuals interested in supporting the organization's mission or learning more can visit: https://www.homelessnottoothless.org/donate

About Professor Jay Grossman, DDS

Professor Jay Grossman is a dental clinician, educator, and founder of Homeless Not Toothless, a nonprofit organization providing free dental care to veterans and low-income children. He is a former U.S. Navy Dental Officer and Lieutenant. He serves as an Adjunct Assistant Professor at the NYU College of Dentistry and a Clinical Assistant Professor at the UCLA School of Dentistry.

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