

WATER PIK INSTRUCTIONS

1. Fill reservoir full of water (reservoir holds approximately 300mL or 1 ½ cups of water)
2. Add 1 teaspoon of household bleach (plain) to the water in the reservoir
3. Irrigate full mouth (utilizing the Pik Pocket tip) per instructions given with the irrigation unit, until the solution is gone.
4. Run plain water through the unit to clear out the bleach solution

*** Use this method 2-3 times per week

*** This mild antiseptic is recommended as an additional, effective adjunct to your current plaque removing procedures coupled with routine dental care

*** Please call our office if you have any questions

TWICE A WEEK BLEACH MOUTH RINSE

1. Mix 4 oz (1/2 cup) water with 1 teaspoon bleach in a cup
2. Rinse for 30 seconds
3. Repeat twice weekly

- Use this method 2-3 times per week. For the water pik, continue to use the water pik with water on the days when not using bleach
- This mild antiseptic is recommended as an additional, effective adjunct to your current plaque removing procedure coupled with routine dental care
- You may experience temporary tingling of the tongue
- Do not use scented bleach
- Do not rinse, eat or drink for at least 10 minutes
- Avoid rinsing with bleach just before eating due to a lingering taste
- Please call our office if you have any questions