

# THERAPEUTIC MOUTH RINSE FOR CONTROL OF GUM DISEASE

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- Bacterial plaque or biofilm is the main cause of gum disease and tooth decay. The sticky plaque film which forms on the teeth and gums is loaded with millions of bacteria. Some of these bacteria are harmless while others cause disease. When the oral environment is out of balance harmful bacteria over grow and disease follows.
- Brushing and flossing alone may not be enough to maintain health. The bacterial build up below the gum line must be removed by the hygienist or dentist. Then the use of a strong and effective medicated mouthwash can help control disease.
- Research has shown inexpensive chlorinated mouthwashes to be safe and effective in reducing the disease causing bacterial over growth. When used properly it can restore a healthy balance of bacteria in the mouth.
- Rinses alone are not effective without other oral hygiene measures. Brushing, flossing and effective daily removal of plaque is critical to disease control. The regular use of a rotary electric tooth brush (ORAL-B 5000 Smart Guide - Professional Care System) has been proven very effective. Our clinical experience has shown the sonic brushes to be much less effective.

## THE PROGRAM:

- For 30 consecutive days use the mouth rinse 2X/day after brushing & flossing
- Swish the rinse and suck it between your teeth for 15 -20 seconds. Spit it out and repeat 2- 3 times for a total rinse time of 30- 60 seconds. As an alternative to rinsing, the solution can be used in a Waterpik Oral Irrigator.
- Rinse your mouth with plain water or regular mouthwash to control the strong taste. A squirt of breath spray can also be a helpful alternative.
- The rinse must be freshly mixed just prior to use. Discard the unused rinse.

## THE FORMULA:

1. Fill the syringe by drawing up household bleach (Clorox) to the maximum capacity (1.2ml).
2. Squirt the contents of the syringe into an empty 5 oz cup.
3. Add water to fill the cup. Stir to mix.
4. Rinse for 60 seconds and discard the unused solution.

### Household Bleach



**Add 1.2 ml Clorox  
To Cup With Syringe**



***For use in a Waterpik Oral Irrigator -  
mix two batches or use ½ tsp. bleach in  
10 ounces of water in reservoir. ↘***

