

Directions for Diluted Bleach Solution in Oral Irrigator (Waterpik)

*** This will help in reduction of gum pockets and bleeding**

*** Do not use an oral irrigator or an electric toothbrush until 2 months after periodontal surgery**

*** Using an oral irrigator will not replace the need to floss. Please continue flossing daily**

- 1) Obtain an oral irrigator. We recommend a Waterpik Waterflosser.
- 2) Fill Waterpik water reservoir with water and add ½ teaspoon of unscented bleach.
- 3) Point the stream of water perpendicular to the tooth near the gumline using the lowest setting on the Waterpik.
- 4) ONCE daily, irrigate with this solution until the reservoir of the Waterpik is empty.
- 5) After irrigating with bleach, rinse your mouth with clear water.
- 6) Rinse Waterpik lines & tank afterward with clear water.

Warning: Bleach solution can damage clothing, carpet, etc

Do Not Swallow Bleach

For best results, remember to “FBI”: FLOSS, BRUSH, and IRRIGATE.

AV Sierra Dental

520 West Palmdale Blvd. Suite O

Palmdale CA 93551

661-273-3600

www.avsierradental.com