

Warpeha Prosthodontic Dental Clinic

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Tips for a Clean Mouth and Appliances by Hygienist Michelle A.

Chlorhexadine

Chlorhexidine gluconate is a prescription strength anti-bacterial mouth rinse, which helps reduce gum inflammation and sensitivity. We have two different brands we recommend in our office, Peridex (contains alcohol), and GUM (no alcohol)

Instructions for use of small 4oz Peridex bottle:

Swish 1 tablespoon of rinse in your mouth for 30 seconds and then spit it out. Do not rinse afterwards. Use twice a day - after breakfast and before bedtime. Continue this use until the bottle is gone - about 2 weeks.

Instructions for use with end-tuft brush:

Pour a small amount of rinse into the cap of the bottle. Dip the end-tuft brush into the cap and massage the bristles into the gum tissues of the areas pointed out to you by Dr. Warpeha and Michelle. Re-dip the brush into the cap frequently spending at least 30 seconds massaging the affected area. Spit out any residual rinse from your mouth. Do this every night before bed, after brushing your teeth.

Instructions for use of large 1 pint GUM bottle:

Swish 1 tablespoon of rinse in the mouth for 30 seconds and then spit it out. Do not rinse afterwards. Use as directed by Dr. Warpeha and Michelle: twice a day - after breakfast and before bed. Continue use until bottle is gone.