

## Peridex Perio Rinse Instructions

Follow the Steps Outlined below **TWICE** a day... once after breakfast and once before bedtime. This rinse is to keep the gums around the Temporary Anchorage Device (TAD) clean.

- 1. Brush and floss first**
- 2. Measure out ½ ounce of Peridex by filling the bottle cap to the fill-line marked inside.**
- 3. For 30 seconds swish in your mouth so that it contacts all areas around and between your teeth. After 30 seconds, spit out Peridex**
- 4. DO NOT rinse with water immediately after your Peridex treatment.**

### **Aftertaste?**

Some notice a slight aftertaste when using Peridex. To reduce this, DO NOT rinse with water for 15-30 minutes after.

### **A Change in Taste?**

There may be a temporary change in the taste of some foods while using Peridex. Try using Peridex after eating foods to reduce this effect.

### **Oral Surface Staining?**

Peridex will accelerate the natural rate of staining of plaque and tooth surfaces between office visits, and may also produce tarter build-up. Stains and tarter build-up can be removed during your next office visit for cleaning and polishing. In the meantime, pay extra attention to brushing and flossing in any areas that begin to show discoloration.

### **Not to be used during Pregnancy**