



How to instructions

How to use your recommended mouthwash

In certain situations you may be recommended a mouth wash to use for specified period of time. Always read and follow the instructions from the manufacturer about your mouthwash as they have different purposes and follow the advice from your dental practitioner on the recommended frequency of use. Some are designed to provide fluoride protection for your teeth, some have an antibacterial effect, and others are designed to combat bad breath. In general, mouthwash can be used anytime but is most effective if you thoroughly brush and floss your teeth first and wait about 30 minutes. Mouth washes specific for DRY MOUTH can generally be used more regularly throughout the day to provide lubrication and relief.

1. Take 10-15 mls (about 1 capful)
2. Place this in the mouth and swish it around for about 30 seconds
3. Spit it out, do not swallow.

In order to get the maximum benefit from mouthwash, avoid eating, drinking, or smoking for at least 30 minutes after rinsing. Ideally do not brush within 30 minutes of using mouthwash.