



How to instructions

Mouth rinse with Chlorhexidine

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A mouth wash containing Chlorhexidine is recommended in specific circumstances, and usually only over a short period of 1-2 weeks. It is very effective at reducing plaque levels but there are some negative impacts that come with long term use. Here is how to use it appropriately. Always read and follow the instructions from the manufacturer about your mouthwash and follow the advice from your dental practitioner on the recommended frequency of use. Chlorhexidine mouthwashes are designed to decrease bacteria in your mouth but can cause unpleasant side effects, including staining, a change in taste and a build-up of plaque. In general, mouthwash can be used anytime but is most effective after thoroughly brushing with a toothpaste not containing Sodium Lauryl Sulfate (SLS) and flossing your teeth. Simply hold a small amount in your mouth 10 mls, or about 1 capful swish it around for 30 seconds, and spit it out. In order to get the maximum benefit from mouthwash, avoid eating, drinking, or smoking for at least 30 minutes after rinsing.