

## **Recommended use of Chlorhexidine**

- **This rinse is to be used twice a day for 2 weeks. Once this is done you can rinse once every couple of days until the entire bottle is done.**
- **If this is prescribed for scaling and root planning (deep cleaning), then start 2 days prior to first appointment and continue until 3 days after second appointment. This will help prevent infections caused by bacteria as it is removed from the mouth, gums, and bone.**

### **How to use the rinse:**

- **Clean, brush and floss your teeth. Any rinse you use will not be effective if your mouth is not cleaned of all plaque and debris.**
- **Swish with Chlorhexidine for 60 seconds.**
- **Do not eat drink or rinse with anything for at least 30 minutes.**