



Chlorhexidine Mouth Rinse Instructions

Step-by-step instructions:

1. **Brush & Floss:**

Thoroughly brush and floss your teeth. Rinse thoroughly with water before starting the mouthwash. (Toothpaste can inactivate chlorhexidine.)

2. **Measure:**

10-15 mL into cup

3. **Rinse:**

Swish the liquid around your mouth for a full 30 seconds, making sure it reaches all areas.

4. **Spit:**

Spit the solution out; do not swallow it.

5. **Wait:**

Do not eat, drink, or rinse your mouth with water or other mouthwash for at least 30 minutes after rinsing.

6. Use 1-2 times daily as recommended

7. Do not exceed two weeks of use, or you will get heavy brown staining and a super infection ie: oral thrush.