

RECOMMENDED ANTISPETICS WITH IRRIGATOR IRRIGATION GETS DEEPER INTO POCKETS

ANTISEPTICS

POCKET - PAL TIP

MEDIUM PRESSURE

#6 Setting

**Hibiclens
(Red Liquid)**

1 / 2 teaspoon to 8 ounces water

1 ounce of **Scope** (only) can be added to Hibiclens to improve the flavor. If stain is a concern brush **front teeth** after use with Peroxide or toothpaste.
Alternatively rinse once per day with 1 capful of Peridex for 30 seconds.

**Sodium Hypoclorite
(Clorox)**

2 teaspoons to 8 ounces water (full glass)
Alternatively rinse with 1 teaspoon to 4 ounces of water (1/2 glass) for 30 seconds.

**WATCH GETTING CLOROX ON CLOTHING
DO NOT ADD ANYTHING ELSE – IT WILL INACTIVATE THE CLOROX**

**Chlorhexidine
(Peridex) (Periogard)
(Brown bottle)**

2 ounces to 6 ounces water

**Under The Gum
Herbal Irrigant**

1/2 capful to 8 ounces water

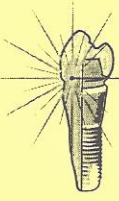
**Regular or
Cool Mint Listerine
(Use Generic Brands)**

4 ounces to 4 ounces water
Alternatively rinse full strength for 30 seconds
2 times per day

Hydrogen Peroxide

2 ounces to 6 ounces water

After using antiseptics, be sure to run **water** in irrigator to lengthen the life of the motor.



POCKET IRRIGATION

AFTER removing the bacteria above the gum by brushing and flossing, using antiseptics in the irrigator will help control the germs beneath the gum and allow you to be more effective in controlling your periodontal disease.

HOW TO USE THE WATER IRRIGATOR – “POCKET PAL” TIP

The best method uses a small pointed “Pocket Pal” rubber irrigation tip. It is inserted into the pockets (under the gum) between each tooth on the cheek side and tongue side and left in place for a count of ten. This will take about two minutes for the entire mouth. For deeper pocket sites hold tip in the pocket for a count of fifteen. The **#6 setting** should be used for this tip because it has a very small opening and high pressure may destroy the tips. Be sure to put the irrigator tip in your mouth and bend over the sink before turning on the unit. Allow the water to flow out of your mouth into the sink.

AN EXCELLENT ANTISEPTIC

A very effective antiseptic is Hibiclens Antimicrobial Skin Cleanser (4% Chlorhexidine). This is available as a non-prescription item at most pharmacies. Chlorhexidine is retained in the mouth and slowly released over eight hours so the optimum time to use this is just before bedtime or after the evening meal. Do not rinse with water or drink or eat afterward if possible. Chlorhexidine may accelerate the natural rate of staining and may also cause some slight increase in tartar formation as the dead bacteria calcify. The stain and tartar can be minimized by extra flossing, brushing and toothpicking. The stains and tartar can be removed at your cleaning appointments. To help control the taste and stain we suggest brushing the tongue and only the outside of the upper and lower front teeth with toothpaste or 3% Peroxide after using Hibiclens.

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