

# Periodontal Associates

OF MEMPHIS

Periodontal, Laser and Dental Implant Therapy

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## DILUTED BLEACH SOLUTION DIRECTIONS:

For Use as a Mouthwash

Or

For Use with an Oral Irrigator

*Do not use a bleach product that contains sodium hydroxide (lye).  
Bleach is called Sodium Hypochlorite.*

### Needed:

- (1) Gallon container
- (2) Bleach (must be non-concentrated & unscented bleach)
- (3) Water

**To Mix Bleach Solution: (Locate the active ingredient area on the bleach bottle label. This will be either 3% or 6% Sodium Hypochlorite)**

- (1) For 3% Sodium Hypochlorite: Add 4 teaspoons bleach to 1 gallon water
- (2) For 6% Sodium Hypochlorite: Add 2 teaspoons bleach to 1 gallon water

### Direction for use as a Mouthwash:

- (1) Swish gently with 1 mouthful of bleach solution for 30 seconds in the morning and evening.
- (2) After rinsing with bleach, rinse gently with clear water.

### Directions for use with an Oral Irrigator:

***(Do not use an oral irrigator until two months after periodontal surgery)***

- (1) Obtain oral irrigator. (We recommend the InterPlak Dental Water Jet by Conair)
- (2) Pour 1 cup of the diluted bleach solution into the oral irrigator reservoir.
- (3) Point the stream of water perpendicular to the tooth using the lowest setting on the Oral Irrigator.
- (4) Irrigate until the reservoir of the Oral Irrigator is empty.
- (5) Irrigate with this solution once daily.
- (6) After irrigating with bleach, rinse your mouth with clear water.
- (7) Rinse Oral Irrigator lines & tank afterward with clear water.

**WARNING:** Bleach solution can damage clothing, carpet, etc.  
**DO NOT SWALLOW BLEACH** (Last Updated August 2010)

**\*\*PLEASE DISCARD AFTER 2 WEEKS AND MAKE NEW BATCH OF BLEACH SOLUTION\*\***



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