

# Periodontal Associates

OF MEMPHIS

Periodontal, Laser and Dental Implant Therapy

6268 Poplar Avenue · Memphis, TN 38119 · phone 901-761-3770 · toll free 800-824-1628  
fax 901-761-3775 [www.PerioMem.com](http://www.PerioMem.com) Info@PerioMem.com

Roger D. Craddock, D.D.S.  
Mitchel S. Godat, D.D.S., M.S.  
Board Certified Periodontist

Partners Emeritus:  
Preston D. Miller, Jr., D.D.S.  
James R. Ross, D.D.S., M.S.

## DILUTED BLEACH SOLUTION DIRECTIONS:

**For Use as a Mouthwash twice per day (For the first two months after surgery)**

or

**For Use in Oral Irrigator once per day (Starting 2 months after surgery or immediately for Non-Surgical Treatment)**

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

### **Needed:**

- (1) Bleach (unscented)
- (2) Water
- (3) A container for solution- we recommend either a 16oz, ½ gallon, or gallon container

### **To Mix Bleach Solution: (Label all bottles as "Bleach Solution")**

- If you use a 16 oz. bottle, add ¼ teaspoon of bleach and then fill bottle the rest of the way with water and shake it to mix. You may keep your 16 oz. Peridex bottle to mix your bleach rinse and re-label the bottle.
- If you use a half gallon jug, add 1 teaspoon of bleach and the rest water and shake it to mix.
- If you use a gallon jug, add 2 teaspoons of bleach and the rest water and shake it to mix.

### **Direction for use as a Mouth Rinse:**

- (1) TWICE daily, 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.
- (3) After 2 months switch from rinsing to an Oral Irrigator per the below instructions.

### **Directions for use with an Oral Irrigator:**

**\*\* This will give better results (reduction in pockets, bleeding, etc) than rinsing alone.**

**\*\*Do NOT use an oral irrigator or an electric toothbrush (like a Sonicare) until two months after periodontal surgery.**

**\*\*Using an irrigator will not replace the need to floss. Please continue flossing daily.**

- (1) Obtain oral irrigator. (We recommend a WaterPik or 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) ONCE daily, irrigate with this solution until the reservoir of the Oral Irrigator is empty.
- (5) After irrigating with bleach, rinse your mouth with clear water or your favorite mouth rinse.
- (6) Rinse Oral Irrigator lines & tank afterward with clear water.

**WARNING:** Bleach solution can damage clothing, carpet, etc.

**DO NOT SWALLOW BLEACH** (Updated September 2018)

**\*\* AFTER 2 WEEKS THE BLEACH SOLUTION WILL LOSE ITS POTENCY. PLEASE DISCARD ANY REMAINING SOLUTION AND MAKE A NEW BATCH OF BLEACH SOLUTION\*\***



Active Member  
American Academy of Periodontology  
Specialist in Periodontics

We are your Complete Health Periodontists!  
We focus on your overall mouth and body health with your dentist.

