

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 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 or For Use with an Oral Irrigator
Do not use a bleach product that contains sodium hydroxide (lye).
Bleach is called Sodium Hypochlorite.

Needed:

Gallon container

- (1) Bleach (unscented)
- (2) Water

To Mix Bleach Solution: (Locate the active ingredient area on the bleach bottle label. This will be 3%, 6% or 8% 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
- (3) For 8% 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 (Updated April 2013)

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



Active Member
American Academy of Periodontology
Specialist in Periodontics

