

After-Care Instruction: Peridex Rinse

Daily Process:

1. Use the peridex rinse twice a day (typically, once in the morning and once in the evening, always after brushing and flossing).
2. Measure out ½ ounce of Peridex by filling the bottle cap to the fill-line marked inside.
3. Swish vigorously in your mouth for 30 seconds. Be sure that the Peridex reaches all areas around and between your teeth.
4. After 30 seconds, spit the Peridex out.
5. **DO NOT** rinse with water immediately after your Peridex session.
6. Use for two weeks only. Discontinue treatment for 3 months before initiating another two week treatment.

Aftertaste:

Peridex Oral Rinse has an intentional fresh minty taste. Due to the fact that Peridex is a medicinal solution, some patients have experienced a slight aftertaste. To minimize this effect, do not rinse with water immediately after using Peridex as this will wash out the flavoring that helps mask the aftertaste. If sensitivity persists beyond a week or seems to worsen, please call our office. Discontinue the use of any whitening toothpaste or other whitening products until the sensitivity subsides.

Change in Tastes:

For some patients, certain foods may taste different while undergoing Peridex treatment. If you notice a change in the taste of some foods, do not be concerned. This is a temporary effect lasting only for the duration of treatment. Using Peridex after breakfast and before bedtime minimizes this effect.

Oral Surface Staining:

Peridex might accelerate the natural rate in staining as well as plaque & tartar build-up on tooth surfaces between office visits. Pay extra attention to brushing and flossing in any areas that begin to show discoloration. Brush with Crest Tarter Formula to reduce tarter build-up and staining. Visit our office for regular cleanings (typically every 3-6 months) to help combat this as well.

