

INSTRUCTIONS FOR USING PERIOGEN

Congratulations on getting started with Periogen Oral Rinse, your path to oral health! You have chosen a product that is clinically proven to prevent the mineralization of the plaque on your teeth into tartar (also called dental calculus), and to remove existing plaque and tartar.

There are several methods to apply Periogen, and all are simple. It is important that you choose the method that is easiest for you to follow on a daily basis. Some users prefer the swishing method. You can also brush with Periogen; or apply it through an oral irrigator.

For all methods described here, brush with your regular toothpaste first, and then apply Periogen.

Swishing Method

In a cup, mix 1/2 scoop (applicator enclosed) of Periogen powder with 1/2 cup water (120ml). Slowly rinse all quadrants of your mouth with the solution, with your lips tightly closed. Swish for three 20-second intervals, spitting after each interval. For best results, refrain from eating, drinking, or smoking for 30 minutes after you rinse.

Brushing Method

Prepare the Periogen solution as you would for the swishing method, but instead of swishing, just dip your toothbrush into the solution. If you'd like, you can swish with the remaining solution.

Oral Irrigator Method

Oral irrigators, also called water flossers, have reservoirs that typically hold about 2 cups (473ml) of liquid. In the reservoir, mix 1 scoop of Periogen powder per 1 cup (240ml) water. Then, systematically irrigate all quadrants of your mouth. Run the tip along the margin between each of your teeth and the gum. Pay special attention to the back sides of the rear molars as these areas can be easily missed.