

## **PEIOGARD/PERIDEX RINSES INSTRUCTIONS**

**Dr. Scott Sahf's Pager: 828-243-9121**

Follow the Steps Outlined below Each Morning and Evening... After Breakfast and Before Bedtime.

1. Brush and floss as I have directed.
2. Measure out ½ ounce of PerioGard or Peridex by filing the bottle cap to the fill-line marked inside.
3. Swish vigorously in your mouth for 30 seconds. Be sure the PerioGard or Peridex reaches all areas around and between teeth. After 30 seconds, spit PerioGard or Peridex out.
4. DO NOT rinse with water immediately after your PerioGard or Peridex treatment.

**BE SURE TO FILL YOUR PerioGard or Peridex PRESCRIPTIONS AND COMPLETE THE ENTIRE THERAPY.**

### **Aftertaste?**

PerioGard or Peridex Oral Rinse has a fresh minty taste, but some patients notice a slight aftertaste when using it. The aftertaste is due to the fact that PerioGard or Peridex is medicine, not just a mouthwash. To minimize this effect, do not rinse with water immediately after using PerioGard or Peridex, as this will remove flavoring that masks the aftertaste.

### **A Change in Taste?**

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

### **Oral Surface Staining?**

PerioGard or Peridex will accelerate the natural rate of staining of plaque and tooth surfaces between office visits, and may also produce tarter build-up. Stains and tarter build-up can be removed during your next office visit for cleaning and polishing. In the meantime, pa extra attention to brushing and flossing in any areas that begin to show discoloration. Brush with Crest Tarter Control Formula to reduce tarter build-up and staining.

### **Reducing Harmful Bacteria**

Because killing is an essential part of keeping your gums healthy, for maximum benefit, keep using PerioGard or Peridex for the full course of therapy I have prescribed.