

PerioMed Rinse INSTRUCTIONS

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

Follow the Steps Outlined below at bedtime... After Breakfast and Before Bedtime.

1. Brush and floss as directed.
2. Squirt out 1 pump of PerioMed in its cup and fill ½ the way with water.
3. Swish for 60 seconds and spit out.
4. You will get better results if you DO NOT rinse, eat or drink for 1 hour after this treatment.
5. Make sure you brush and floss well to help prevent staining of teeth.

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