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# Periodontal Associates

OF MEMPHIS  
Periodontal, Laser and Dental Implant Therapy

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## DILUTED BLEACH SOLUTION DIRECTIONS:

**For Use as a Mouthwash twice per day** (For the first two months after surgery)

or

**For Use in Oral Irrigator once per day** (Starting 2 months after surgery or immediately for Non-Surgical Treatment)

**For best results, remember to “FBI”: FLOSS, BRUSH, and IRRIGATE.**

**In addition to FBI, we highly recommend using a tongue cleaner (see page 2)**

### **Needed:**

- (1) Bleach (unscented)
- (2) Water
- (3) A container for solution- we recommend either a 16oz, ½ gallon, or gallon container

### **To Mix Bleach Solution:** (Label all bottles as “Bleach Solution”)

- If you use a 16 oz. bottle, add ¼ teaspoon of bleach and then fill bottle the rest of the way with water and shake it to mix. You may keep your 16 oz. Peridex bottle to mix your bleach rinse and re-label the bottle.
- If you use a half gallon bottle, add 1 teaspoon of bleach and the rest water and shake it to mix.
- If you use a gallon bottle, add 2 teaspoons of bleach and the rest water and shake it to mix.

### **Direction for use as a Mouth Rinse:**

- (1) TWICE daily, 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.
- (3) After 2 months switch from rinsing to an Oral Irrigator (WaterPik) per the below instructions.

### **Directions for use with an Oral Irrigator (WaterPik):**

**\*\* This will give better results (reduction in pockets, bleeding, etc) than rinsing alone.**

**\*\*Do NOT use an oral irrigator or an electric toothbrush (like a Sonicare) until two months after periodontal surgery.**

**\*\*Using an irrigator will not replace the need to floss. Please continue flossing daily.**

- (1) Obtain oral irrigator. (We recommend a WaterPik Waterflosser.)
- (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) ONCE daily, irrigate with this solution until the reservoir of the Oral Irrigator is empty.
- (5) After irrigating with bleach, rinse your mouth with clear water or your favorite non-alcoholic mouth rinse.
- (6) Rinse Oral Irrigator lines & tank afterward with clear water.

**WARNING:** Bleach solution can damage clothing, carpet, etc.

**DO NOT SWALLOW BLEACH** (Updated February 2021)

**\*\* AFTER 2 WEEKS THE BLEACH SOLUTION WILL LOSE ITS POTENCY. PLEASE DISCARD ANY REMAINING SOLUTION AND MAKE A NEW BATCH OF BLEACH SOLUTION\*\***



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### Oral Disinfection:

There is mounting evidence that chronic inflammation and/or direct infection from oral disease, especially periodontal disease, is a major contributor to the development of Diabetes, Cardiovascular Disease (Heart Disease & Stroke), Cancers (Pancreatic & Prostate), Preterm Low Birth Weight Babies, Alzheimer's Disease, Parkinson's Disease, Multiple Sclerosis, Osteoporosis, Rheumatoid Arthritis, etc. Chronic inflammation and direct infection can increase your chance of developing these neuro-inflammatory diseases. This has led to a new concept, “oral disinfection” rather than oral hygiene. While the focus of oral hygiene was in removing the bacteria on the teeth and gums, the role of “oral disinfection” deals not only with teeth and gums but also the other soft tissues in the mouth, especially the tongue. A startling new study on patients in a long-term care facility found that the bacteria associated with pneumonia was colonized in 48.3% of the patient’s mouths.

The tongue has nooks and crannies on its surface. Bacteria and food debris can hide in these areas and cause bad breath (halitosis). Using a tongue cleaner (also called a tongue scraper) to remove bacteria and food as well as flossing, brushing, and irrigating (**FBI**) are important ways to decrease bad breath. Note, certain types of food like garlic and onions cause bad breath. Medical problems like diabetes and gastric esophageal reflux disease (GERD) can also cause bad breath.

### Tongue Cleaner Instructions:

1. Brush and floss your teeth twice a day and irrigate at least once per day with diluted bleach solution.
2. After brushing, use your tongue cleaner to scrape the top of the tongue 2-3 times or as directed. It’s important to get to the very back of the tongue where the majority of the odor causing bacteria and decaying food particles are lodged.
3. Rinse the tongue cleaner with warm water. Remember to replace it every 3 months when you replace your toothbrush.
4. Schedule regular periodontal maintenance cleaning appointments with your dentist and periodontist.



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