



ORTHODONTICS FOR CHILDREN & ADULTS

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HYDROGEN PEROXIDE RINSES

Hydrogen Peroxide will help clean your teeth and gums of food particles and bacteria that are trapped. These bacteria could be trapped under the gum tissue next to the teeth or on the top surface of your tongue. A one minute rinse with hydrogen peroxide will help to prevent and reduce any infection or swelling in these areas that has resulted from these bacteria.

1. Brush your teeth, gums, braces, and TONGUE.
2. Obtain FRESH peroxide from your drug store.
3. Pour approximately 2 capfuls into a glass and dilute with an equal amount of water. In other words 50% peroxide and 50% water.
4. Swish the peroxide mix around in your mouth for approximately one minute and spit out. In other words 50% peroxide and 50% water.
5. Your mouth, gums, tongue will start to foam immediately
6. Rinse and swish now with plain water about TEN (10) TIMES, using fresh water each time. Soon the foaming will stop and your mouth will feel really clean.
7. Brush your teeth, gums, braces, wires and TONGUE again.
8. Do this for about 5 days, once in the morning and once before going to bed.
9. Your gums and tongue should show less redness and swelling if you are swishing real good.
10. IMPORTANT-1. USE FRESH HYDROGEN PEROXIDE.
2. BRUSH YOUR TONGUE SO NO WHITE COATING REMAINS.
3. DO NOT SWALLOW THE PEROXIDE RINSE.
11. CALL if you have any questions.

