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## ***CariFree* Treatment Rinse Instructions for Periodontal Disease Management**

It has been determined that you have active gum disease and this is a bacterial infection. This treatment rinse protocol is recommended to kill the bacterial on the cheeks and tongue to reduce the infection. Following are additional instructions on how to use the product. Instructions on the package suggest this rinse is for the treatment of caries (the bacteria that cause cavities). It also is effective against the bacteria that cause periodontal disease. That is the reason you have been asked to use it.

- This rinse is medicine and you should use all of it.
- Shake each bottle before use. Measure 5ml of part A and 5ml of part B and dispense into supplied measuring cup to total 10ml.
- Swish in your mouth for one minute. **DO NOT SWALLOW.**
- Spit out the excess after the timed rinse and do not eat or drink for thirty minutes.
- You were dispensed three boxes of *CariFree* Treatment Rinse. We are aware that the instructions on the box recommend rinsing one time each day however, we would like you to rinse two times per day until the entire product is gone (once in the morning and once at night).
- There will be an odor and a tingling or warm sensation in the mouth during the swishing. You must maintain the rinse in your mouth during this time. Do not give up and spit out the rinse prematurely. This feeling will get better as your mouth adjusts to multiple rinses.
- Finish all of this product and further instructions will be given at your periodontal therapy re-evaluation appointment.