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Anti-Infective Mouth Rinse **with Fluoride Brushing**

Rinse to be done 3x per week

1. Floss
2. Apply Lip Balm (optional)
3. Rinse mouth with diluted bleach mouth rinse (1/4 Teaspoon of concentrated bleach with ¼ cup of water) **OR** CLOSYS for 30 seconds
4. Spit, do not swallow, everything out into the sink
5. You can rinse with water at this time
6. Brush with Prevident for 2 minutes
7. Spit and do not swallow
8. No rinsing, drinking (even water) or eating for 30 minutes

* Do NOT swallow Prevident. If swallowed and upset stomach is noted, drink one glass of milk to inactivate the Fluoride

**Do NOT swallow Diluted Bleach Rinse. Do NOT get into your eyes. Bleach rinse may cause staining. Keep out of the reach of children and pets. If rinse gets into your eyes, rinse with large amounts of water and go to the emergency room. If rinse is swallowed, call Poison Control 1-800-222-1222

