

SALT WATER RINSE INSTRUCTIONS

COMPLETELY DISSOLVE 1 TABLESPOON OF SALT IN AN 8 OUNCE GLASS OF WATER THAT IS AS WARM AS THE PATIENT CAN TOLERATE.

BEGIN SWISHING THE SOLUTION AROUND THE AFFECTED AREAS.

CONTINUE UNTIL THE ENTIRE GLASS HAS BEEN USED. DO THIS ONCE A NIGHT BEFORE BED AFTER BRUSHING FOR 10 DAYS.

THIS PROCEDURE IS DESIGNED TO REDUCE THE SWELLING IN THE GUM TISSUE, ALLOWING FOR MORE EFFECTIVE BRUSHING.