



AdvancedDentistry
of New Providence

Aesthetic
Diagnostic
Implants
Preventive
Restorative
TMJ Therapy

Prosthodontists

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Specialty Permit #3644

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Diluted Bleach Rinsing – Patient Instructions

- Mix 1 teaspoon of Regular Clorox bleach in 4 oz. (1/2 cup) of warm water. Rinse with a small amount at a time for 30 seconds, 3 to 4 times a week. Please refrain from rinsing with fresh water or other liquids for 10 minutes. Please wait for 10 minutes before eating.
- To use with a water-pik, mix 1 teaspoon of Clorox in ½ cup of warm water placed in the tank. Use 3 to 4 times a week. After use, flush the tubing with fresh water for 15 seconds.
- More frequent rinsing may cause staining of the teeth.
- Prepare fresh solution for each use. After 24 hours, the bleach is no longer effective once it is diluted with water.
- Be careful not to splash clothing, as it may cause discoloration.
- If you have any questions concerning these instructions, please call the office.