

We recently learned that diluted household chlorine bleach, or other products, added to the water in the Waterpik reservoir can be a useful homecare adjunct to control oral bacterial levels when treating or maintaining periodontal disease. Please be advised that the company that makes your oral irrigator will not honor the warranty if anything other than plain water is used in the machine.

Household Chlorine Bleach*

- Fill Waterpik reservoir with water as instructed.
- With eye dropper, add 6-8 drops of household chlorine bleach into the 20oz reservoir.
- Use Waterpik throughout your entire mouth as directed.
- Refill reservoir with water and bleach, if necessary.
- Floss first, Waterpik next, brush with high fluoride paste or gel last.

Grapefruit Seed Extract (a Natural Alternative)*

- Fill Waterpik reservoir with water as instructed.
- With eye dropper, add 20-30 drops of grapefruit seed extract into the 20oz reservoir.
- Use Waterpik throughout your entire mouth as directed.
- Refill reservoir with water and grapefruit seed extract, if necessary.
- Floss first, Waterpik next, brush with high fluoride paste or gel last. (Waterpik recommends replacing tip every 3 months.)

Xylitol***Option 1 (mouthwash):**

- Fill Waterpik reservoir with one-part xylitol mouth rinse to two parts warm water.
- Use Waterpik throughout entire mouth as directed.
- Refill reservoir with water and xylitol mouth rinse, if necessary.
- Floss first, Waterpik next, brush with high fluoride paste or gel last.

Option 2 (dissolving sweetener):

- Fill Waterpik reservoir with warm water, and dissolve 1 1/2 tsp xylitol sweetener in the water (about 1/2 tsp xylitol for each 8 ounces of water).
- Use Waterpik throughout your entire mouth as directed.
- Refill reservoir with water and xylitol sweetener, if necessary.
- Floss first, Waterpik next, brush with high fluoride paste or gel last.

***When finished, flush Waterpik with plain water.**