

CariFree Treatment Rinse Instructions for Periodontal Disease Management

WHY WE ARE PRESCRIBING THIS RINSE FOR YOU:

We have determined that you have active gum disease which is a biofilm infection made up of mainly yeast, viruses, and bacteria . In order to reduce the biofilm and rebalance the mouth to health, we recommend this treatment rinse protocol. It is effective not only on the teeth but also on the cheeks and tongue.

These are modified instructions on how to use the product. Directions on the package suggest this rinse is for caries (the bacteria that cause cavities) however, it is very effective against the biofilm active in gum disease. This rinse is a very important part of the healing process so please use it.

INSTRUCTIONS AND NOTES:

- This rinse is an effective antimicrobial medicine, so it is critical that you use all of it as directed. We realize the flavor may not be that pleasant.
- Shake each bottle before use. Pour 5ml of part A into measuring cup. Pour 5ml of part B into measuring cup to total 10ml. This is the total amount of rinse needed to use each time.
- Rinse and swish in your mouth for ONE FULL MINUTE. **Do not swallow.**
- There may 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.
- After the timed rinse, spit out the excess. If possible, do not eat or drink for 30 minutes however if you need to eat or drink you may.
- You received four boxes of CTx4 Treatment Rinse. We are aware that the instructions on the box recommend rinsing once each day. We would like you to **RINSE TWICE DAILY** (once in the morning and once at night) **before brushing** until you have finished the entire product.
- Finish this entire product. You will receive further instructions at your periodontal therapy re-evaluation appointment.
- As you near the end of each bottle you may run out of A or B and still have some left in the other bottle. Once one bottle is empty, discard both bottles and open a new box with full A and B bottles.

****If you have any questions, please call your prescribing doctor.**