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Post Operative Instructions

Chlorhexidine Instructions

Chlorhexidine is a prescription based antibacterial mouth rinse. It is helpful in healing of a variety of conditions of the gums and soft tissues of the mouth.

The normal regimen is twice a day to rinse with $\frac{1}{2}$ an ounce (there is a measure on the cap-cup) for 30 seconds, then spit out. As the Chlorhexidine adheres to the teeth and gums, you should not eat or drink for 1 hour to get the most benefit. Often for smaller areas of concern, you can use $\frac{1}{4}$ of an ounce.

Staining of the teeth is a concern as you may read on the package insert. The truth is that the only place that you will experience stain is where there is not adequate plaque removal. In fact, the stain can be helpful in showing where you may not be doing as well as possible in your hygiene, similar to a disclosing solution. A professional prophylaxis (cleaning) can remove any staining. The best regimen to minimize staining and maximize results is to clean your teeth after breakfast and then use the rinse and also after brushing and flossing prior to bed.

The first week it is best to rinse twice a day. The second and perhaps third week, depending upon healing, rinsing just before bedtime is sufficient.

Certain localized conditions can benefit from applying the Chlorhexidine to the surface of the tooth and gum with a toothbrush or proxabrush. This is common around implants.

Any unused portion of Chlorhexidine can be stored due to its long shelf life.