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PROPER RINSING

Your teeth only account for less than half the surface area of your mouth. To reduce the amount of bacteria in the rest of your mouth, use an antimicrobial mouthwash to rinse twice a day. Your dental hygienist can help select the best type of oral rinse for your individual needs. Be sure to follow any manufacturer instructions on how long to wait after rinsing before eating or drinking.

- 1** Pour 20 ml mouthwash into a cup, then into your mouth.
- 2** Swish mouthwash thoroughly for a full 30 seconds.
- 3** Gargle intermittently.
- 4** Spit mouthwash into sink.