



#408-1990 Fort St
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Rinse Chlorohexidine Gluconate (CHX) 0.12% Instructions

1. Rinse 2x per day for 30 seconds after breakfast and before bedtime
2. Usual dosage is 15mL (marked on dosage cup that comes with the 473mL bottle)
3. Paroex should be spit out after rinsing. DO NOT SWALLOW.
4. Avoid rinsing with water/mouthwashes, brushing teeth, eating and drinking for 30 minutes after use.
5. Your dental hygienist or dentist may provide you with an irrigation syringe and further instructions for cleaning specific sites/teeth if necessary. Once these areas have been rinsed thoroughly, the solution can be rinsed and spit as above
6. The use of CHX rinse may cause:
 - a. An increase in staining of teeth and tissues
 - b. An increase in above the gumline tartar/calculus
 - c. A temporation change in taste

Please talk to your dentist or dental hygienist if you are experiencing any of these side effects.