

## DUO Mouth Rinse Routine

for Acute Gum Infections (including Wisdom Tooth PAIN)



AND



### PEROXYL

- ✓ After Meals
- 3 times Daily
- 1. Breakfast
- 2. Lunch
- 3. Dinner

**For 7 Days**

EAT / Brush teeth etc then Rinse and SPIT  
but **DO NOT** rinse out residual mouthwash

### SAVACOL

(Alcohol FREE)

- Twice Daily
- MID morning
- MID Afternoon

**For 14 Days**

Rinse and SPIT  
but **DO NOT** rinse out residual mouthwash

### FIRST WEEK - DAILY ROUTINE

- ✓ B'FAST - PEROXYL OR AMOSAN
- MID MORNING - SAVACOL
- ✓ LUNCH - PEROXYL OR AMOSAN
- MID AFTERNOON - SAVACOL
- ✓ DINNER - PEROXYL OR AMOSAN

### SECOND WEEK - DAILY ROUTINE

- MID MORNING - SAVACOL
- MID AFTERNOON - SAVACOL