

# ioTech At-Home Program

## PRODUCT INSTRUCTIONS FOR USE

### **ioRinse Concentrated Rinse:**

#### **a. As a Waterpik irrigant:**

Add one ounce (one capful) of the molecular iodine concentrate to the canister of your WaterPik and mix the solution. Use a WaterPik power setting between 4 and 5 to ensure a comfortable flow rate. Use the WaterPik periodontal (rubber) tip at a 45-degree angle at and into the gumline of the tooth to thoroughly irrigate the periodontal pockets. Repeat this procedure for every tooth or implant in your mouth and on both the cheek-side and tongue-sides. Use the entire volume of solution in the canister and spit out any excess, if any, remains.

#### **b. As an at-home daily rinse:**

Mix 1 ounce of ioRinse (one capful) with 2 ounces (two capfuls) of water. Rinse vigorously with half the solution for 30 seconds and spit out. Repeat with the remaining solution. Follow this regimen in the morning and at nighttime.

### **ioGel Periodontal Tray Gel:**

Completely fill applicator tray(s) provided by your dentist. Press filled tray(s) firmly into place. Spit out any excess (DO NOT SWALLOW). Wear trays for 10 minutes, twice daily, morning and night, or as directed by your dentist. Rinse out trays after each use and store in container provided.