

Using Peridex (Chlorhexidine) Correctly

Prescription Antimicrobial Rinse — Take-Home Instructions

Peridex (chlorhexidine gluconate 0.12%) is a prescription-strength rinse, usually prescribed after periodontal treatment or gum surgery, or for a specific short-term need. It's effective — but meant for a defined period, not everyday long-term use.

How to Use It

Unless told otherwise: rinse with 15mL (a full cap, or the marked dose) undiluted, twice a day, for 30 seconds, then spit it out. Don't swallow, and don't rinse with water right after.

Timing Around Brushing

Wait at least 30 minutes after brushing with regular toothpaste before using chlorhexidine — a common toothpaste ingredient can reduce how well it works if used back-to-back.

Typically Prescribed For

- After periodontal (deep cleaning) treatment.
- After gum or oral surgery.
- Active gum disease treatment, alongside professional cleaning.
- A specific, time-limited infection-control need.

Follow the Prescribed Duration

Use it for the specific number of weeks your dentist prescribes, not indefinitely — continuing past your course isn't the goal.

■ Expected side effects with use

Brown staining on teeth, tongue, and restorations — normal, and removed at a professional cleaning once your course is finished.

A temporarily dulled sense of taste (especially salty/bitter) — usually resolves after stopping.