GUIDELINES FOR RINSING WITH DILUTE BLEACH SOLUTION

ANNA V. O'KEEFE, DMD
COURTNEY CHURCHILL, DMD

93 First Park Drive
Oakland, ME 04963

THESE RECOMMENDATIONS ARE BASED ON AN ADVISORY FROM THE AMERICAN DENTAL ASSOCIATES RELEASED IN 2011

We advise patients to rinse orally with a 0.2% sodium hypochlorite solution for 30 seconds, 2 times per a month. To create a 0.2% sodium hypochlorite solution:

Mix 2 reduced teaspoonfuls (8 mL) 6% household bleach with 1 full glass (250 mL) of water.

If using an oral irrigator (e.g. Waterpik) the above ratio can be used or a more concentrated solution has been deemed safe and effective by the ADA:

Mix 2 teaspoonfuls (10 mL) of 6% household bleach in one half glass (125 mL) of water and place into oral irrigator and use twice monthly..

Using these solutions more frequently than 2 times per month may produce a brown-black extrinsic discoloration of the teeth which can be removed with a hygiene visit. We have not found this staining in any patients who follow the twice-per-month guideline.

Sodium hypochlorite is a highly active cytotoxic oxidant recognized to be among the most potent antiseptic and disinfectant agents against bacteria, fungi and viruses. Sodium hypochlorite occurs naturally in human neutrophils and monocytes/macrophages (white blood cells), therefore it does not evoke allergic reactions; it is not a mutagen, carcinogen or teratogen; and it has a century-long safety records. Dilute sodium hypochlorite has no contraindications. Sodium hypochlorite is available globally at exceptionally low cost as household bleach in concentrations of 5-6%. Sodium hypochlorite reduces biofilm by 80-fold compared with water and dilute sodium hypochlorite has produced a 47% greater reduction in dental plaque mass compared with water rinsing. **Anti-Infective Agents in Periodontal Treatment** by Jorgen Slots, DDS, DMD, PhD, MBA, and published September 15, 2011 by ADA.

FRONTDESK@SNOWPONDDENTISTRY.COM

207.872.8911