

How To Care For Your Mouth

It is very important you keep your mouth clean and moist. Along with brushing and flossing, you should rinse your mouth regularly with a mouth wash.

How to make mouthwash

- Mix 1 level teaspoon (5 grams) of baking soda (sodium bicarbonate) and 1 level teaspoon of salt with 4 cups (1 litre) of water.
- Put the mouthwash in a container with a lid.
- If the mouthwash is refrigerated, throw away after 48 hours.
- If the mouthwash is kept at room temperature, throw away at the end of the day.

How to use mouthwash

- Shake well before using
- Rinse and gargle with one tablespoon (15ml) and then spit out.
- Repeat 2 or 3 times at each use.
- Use mouthwash every 2 hours during the day.