

Dr. Nordland's Waterpik Irrigation Recipe

Add ½ teaspoon of ***unscented Clorox bleach*** (sodium hypochlorite) - some individuals can be allergic to scented additives - to a full tank of water (1000 ml.) in a Waterpik System.

Using low pressure, aim the water stream at the teeth at a 90-degree angle (**not** at the **gum tissue**).

Repeat twice a day.

The solution should be made fresh daily.