

Chlorhexidine (CHG) 0.12% Mouthwash Instructions



**Use AFTER Brushing Teeth, TWICE DAILY
Monday-Friday, EVERY OTHER WEEK**

Step 1: Use the cap on the container to measure 15 mL
(1/2 fluid ounce)

Step 2: Fill the cap to the “fill line”

Step 3: Swish (gargle, if you can) mouthwash around in your
mouth for at least 30 seconds

Step 4: Spit out. Do not rinse or drink for 1-2 hours after use.

Step 5: Use twice daily, preferably morning and evening

Important Reminders:

- CHG mouthwash will stick to plaque on teeth, so brush and floss your teeth **right before** use. Teeth brushing will help avoid staining of plaque during use.
- Rinse toothpaste completely from your mouth with water before using. Toothpaste and other mouthwash products can stop the CHG mouthwash from working.

Preventing infection is important
for 6 months after hospital discharge.

See sample prescription to discuss with your doctor.