



A prevention-forward dental hygiene clinic  
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## Bleach Water Recipe for Water Flosser

Tank type	Ratio (water to unscented bleach)
Countertop	1 teaspoon of bleach per 8 oz of water. ½ teaspoon of bleach in a full reservoir (typically 22–35 oz). 6–8 drops of bleach in a 20 oz reservoir.
Handheld/cordless	1 teaspoon of bleach per 8 oz of water. Handheld reservoirs are typically 5–7 oz, so use proportionally less bleach. ½ teaspoon of bleach in a full reservoir (approximately 6 oz).

Use only unscented household chlorine bleach to avoid potential irritants. Preferably not a gel but the original/basic liquid version.

### Instructions for Diluted Bleach Solution

1. *Fill the Waterpik reservoir with water.*
2. *Add appropriate amount of unscented bleach to the water in the reservoir.*
3. *Shake the reservoir gently or stir to mix the solution.*
4. *Using your Waterpik on its lowest or medium setting, point the stream of water perpendicular to the tooth near the gumline.*
5. *After irrigating with the solution, rinse your mouth with clear water or your regular mouthwash.*
6. *Flush the Waterpik's lines and tank with clear water to prevent the bleach from damaging the device.*

- Never swallow the bleach solution or any diluted bleach rinse.
- Be careful as bleach can stain clothing and other fabrics.
- Always mix a fresh solution each time you use it, as bleach can lose its effectiveness over time.
- Do not use this therapy if you are pregnant or nursing, or if you have very high blood pressure, as it can disrupt beneficial bacteria.
- For optimal use, especially for treating periodontal pockets, the use of a Pik Pocket Tip is recommended for Waterpik products.