



A prevention-forward dental hygiene clinic  
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## **Salt Water Mouth Rinse for healing**

1/2 teaspoon of salt and 8 ounces (1 cup) of warm water.

Instructions:

1. Mix the salt and water in a cup or glass.
2. *Swish* the solution for 15-30 seconds. IF you have had a tooth extraction- do not swish. Only tilt your head side-to-side and allow mouth rinse to move gently throughout the mouth.
3. Spit out the solution.
4. Continue to swish until the entire 8 oz has been used
5. Repeat as needed, up to 3 times a day.

Note: This ratio is suitable for most people. If you have sensitive gums or a sore throat, you may want to reduce the amount of salt to 1/4 teaspoon.