

## Salt Water Rinses

Salt water rinses are great at reducing the swelling of the gum tissues around appliances and braces. The salt will draw water from the tissues and assist in shrinking the size of the swollen gums.

Directions of Use:

- Swish around in mouth for 30 seconds and then spit out the water
- Rinse 3-5x per day and typically within 3 days it will resolve

Rinse Composition: The rinse consists of 6 oz water (typical coffee mug size) with 1 tablespoon of salt added.

