



SALT WATER RINSE

Rinse with warm salt water for the next several (3–4) days. Mix ½ teaspoon of salt with 8 oz. of warm water & swish for 5–10 seconds. Continue to do this until all of the solution is used.

Rinsing will help to alleviate discomfort in the gum tissue, to shrink the gum tissue & to aid in healing.

If you have any problems or questions, please call 272-6235.

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