

## **MEDICATION INSTRUCTIONS (Topicals)**

### **TOPICAL GELS, OINTMENTS (INSIDE THE MOUTH)**

1. Using a mirror, visualize the affected area(s) and dry the area(s) with a gauze pad or cotton swab.
2. Apply a small amount of gel/ointment onto a **fresh gauze pad** and place this side of the pad directly onto the affected area(s) for 15 minutes.
3. Remove gauze pad and throw it away.
4. Do not eat, drink, rinse or apply other medicines for 45 minutes after application.
5. Repeat as directed.

### **TOPICAL OINTMENTS, CREAMS (ONTO SKIN)**

1. Using a mirror, visualize the affected area(s) and dry the area(s) with a gauze pad.
2. Apply / massage the ointment or cream onto the affected area(s) for 30 seconds.
3. Do not wash the area(s) or apply other medicine for 45 minutes after application.
4. Repeat as directed.

### **LOZENGES:**

1. Slowly dissolve one lozenge in the mouth (unless directed otherwise).
2. Do not eat, drink, rinse or apply other medicines for 45 minutes after dissolving lozenge.
3. Repeat as directed.

### **TOOTHPASTE – PRESCRIPTION:**

1. Floss teeth and rinse with water.
2. Brush teeth with prescribed toothpaste for 2-3 minutes without rinsing.
3. Brush top of tongue, as usual.
4. Spit out and **do not rinse**, eat or drink for 45 minutes after brushing.
5. Repeat as directed.

## **MEDICATION – INSTRUCTIONS (Rinses)**

### **CHLORHEXIDINE ORAL RINSE:**

1. Do not rinse within 30 minutes of brushing teeth.
2. Rinse ½ ounce of solution for 30 seconds and spit out.
3. Do not rinse, eat or drink for 45 minutes afterwards.

### **DAKIN SOLUTION:**

1. Rinse for 60 seconds and spit out solution.
2. Using a different toothbrush, **gently** brush the solution onto the top of the tongue twice daily (unless directed otherwise).