

# Peridex (chlorhexidine) basics

**Treats gingivitis.** Peridex (chlorhexidine) is an antibacterial mouth rinse that treats gingivitis, but you'll need a prescription to use it.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
<b>Peridex (chlorhexidine)</b> Drug effectiveness		[Blue bar spanning Days, Weeks, and Months]			
<b>Possible side effects†</b>					
<b>Staining of teeth and tongue</b>		[Red bar spanning Days, Weeks, and Months]			
<b>Plaque build-up</b>			[Red bar spanning Weeks and Months]		
<b>Changes in taste</b>	[Red bar spanning Hours and Days]				
<b>Allergic reaction</b>	[Red bar spanning Hours]				

† Data on frequency of side effects is not available.

## Tips from pharmacists

- Peridex (chlorhexidine) is an oral rinse that should not be swallowed.
- Measure out one capful of Peridex (chlorhexidine), put it in your mouth and swish for 30 seconds, then spit it out. You should do this after brushing your teeth twice a day, in the morning and at night.
- Start this medication right after your dental visit with cleaning and exam. While using this medication, you should keep going to the dentist every 6 months for your routine visits.
- After using it, wait 30 minutes before rinsing your mouth with water or another mouthwash, brushing your teeth, or eating or drinking anything.

## Risks and warnings

Contact your doctor if you experience any of these.

### Teeth staining

Peridex (chlorhexidine) can stain your teeth, dental fillings, and your tongue. The stains are harmless and usually form where there is a lot of plaque. The stains either go away by themselves or they can be removed by your dentist. Sometimes, the stains are hard to remove and become permanent. Make sure to brush and floss regularly, and see your dentist regularly for cleanings.

### Change in taste

While using Peridex (chlorhexidine), things you eat and drink might taste differently or you might have a bad taste in your mouth. This usually goes away after using Peridex (chlorhexidine) for some time and once you stop using it. Sometimes, the change in taste can be permanent even after you stop using Peridex (chlorhexidine). Talk to your dentist if the change in taste doesn't go away.

### Plaque build-up

Some people using Peridex (chlorhexidine) have an increase in plaque on their gums. While using Peridex (chlorhexidine), brush and floss daily. You should also see your dentist regularly for cleanings and exams so the plaque can be removed.