

# INSTRUCTIONS FOR SWISHING

## 1 PREPARE

Choose the oil and the other oral hygiene products that you plan to use. If using coconut oil or ghee, warm the oil slightly and use either a shot glass or spoon.

## 2 SWISH

Force the oil to move around in your mouth and between the teeth. Do not gargle. The ideal amount of time is twenty minutes.

First time users can start with a smaller amount and/or swish for a shorter time until the facial muscles are stronger. If you find yourself gagging, stop. Spit out the oil and rinse your mouth with warm water. You can then start over again or wait until the next day. It does get easier.

## 3 RINSE

When finished, rinse your mouth at least three times with warm water. Do not swallow the water. Spit out the water into a sink.

Next, if you like, swish with a good oral rinse or mouthwash. You can do both: periodontal rinse and then a mouthwash. Do not swallow these fluids.

