

How to Use Medicinal Mouthwash

1. Rinse your mouth with water.
2. Measure out the right dose of mouthwash and dilute it in a cup (about 40ml) as indicated in the label.
3. Hold the mouthwash in your mouth and swish it around inside.
4. To make the medication work way up to the throat, tilt your head upwards and hold the medicine at the top of the throat, and let the air exhaled from your lungs swish the medication.
5. Spit out the mouthwash.

Note: A mouthwash is a medicine not to be swallowed. Stay calm if you accidentally swallow a small amount of it, as in general it does not pose any significant problems. If in doubt, consult a doctor.