

Although all you need in your [Water Flosser](#) for clinically proven effectiveness is warm water, you might wonder whether it is safe to use mouthwash or other additives. Can they damage the unit? What's not okay to use?

Find the answers to these questions and learn what you can add to your Water Flossing routine.

Safe for Waterpik® Water Flossers

Standard Mouthwash

Standard or cosmetic mouthwash neutralizes odors and [freshens your breath](#).

To use standard mouthwash:

1. Add a small amount of mouthwash to a reservoir filled with warm water. (To prevent damage to the unit, do not exceed a 1:1 ratio of mouthwash to water).
2. Water floss as described in the [product instructions](#)
3. Rinse the unit by partially filling the reservoir with plain warm water and running it with the tip pointed into the sink.

Antiseptic Mouthwash

Antiseptic mouthwashes such as Listerine® contain alcohol and agents that prevent growth of microorganisms in the mouth. They are formulated to help prevent [gingivitis](#) and [gum disease](#).

To use antiseptic mouthwash:

1. To prevent damage to the unit, add no more than a 1:1 ratio of antiseptic mouthwash to warm water to the reservoir.
2. Water floss as described in the [product instructions](#)
3. Rinse the unit by partially filling the reservoir with plain warm water and running it with the tip pointed into the sink.

Water Flosser Additives

YES - Safe to Use

Standard mouthwash

Antiseptic mouthwash

Antimicrobial solution

NO - Do Not Use

Essential oils

Bleach or bleach dilution

Salt, iodine, or baking soda

Therapeutic Mouth Rinse

Dental professionals prescribe therapeutic mouth rinses to help treat gum disease. These prescription-only solutions typically contain the antimicrobial drug chlorhexidine gluconate (CHX) and include brands such as Peridex™ and Periogard.®

If you have gum disease with [periodontal pockets](#), your dental professional may recommend cleaning them using a [Classic Professional Water Flosser](#) and the [Pik Pocket™ tip](#). The Classic Professional Water Flosser includes a specialty reservoir designed for low-pressure delivery of antimicrobial rinses.

To use therapeutic mouth rinses:

1. Follow your dental professional's instructions for adding water or the proper solution to the Water Flosser reservoir.
2. To clean periodontal pockets using the Pik Pocket™ tip:
 - Set the Water Flosser to the lowest pressure
 - Place the soft tip against the tooth at a 45-degree angle
 - Gently place the tip under the gumline, into the pocket
 - Turn the unit on and trace along the gumline
3. Rinse the Water Flosser by partially filling the reservoir with plain warm water and running it with the tip pointed into the sink.

Caution: Not for Use With Waterpik® Water Flossers

Adding any of these items to your Water Flosser can reduce performance or shorten the life of the product.

- Bleach or bleach dilution
- Pure essential oils (such as tea tree oil)
- Baking soda
- Iodine
- Salt

Enhance Your Water Flossing

Adding mouthwash to freshen breath and using solutions that prevent and treat gum disease give you more ways to benefit from using your Water Flosser.

When it comes to your oral health, you should always consult your dental professional for guidance. Using a standard mouthwash or antiseptic at a 1:1 ratio or less with water provides a pleasant experience, but it is not clinically evaluated to determine any benefits beyond using water alone.

There are studies for adding chlorhexidine to a Water Flosser, and your dental professional will provide instructions for prescription use.

How to Clean a Waterpik® Water Flosser

By Waterpik® Product Support
December 11, 2015

Mineral deposits and other materials can collect in your [Water Flosser](#), causing it to lose pressure and effectiveness.

Here are 4 steps for simple cleaning with water, vinegar, and your dishwasher to keep your Water Flosser performing at its best. Complete this process every 1-3 months to ensure optimal performance.

Step 1: Clean the Water Reservoir

- Remove the water reservoir from the unit. (Refer to your [product manual](#) if you need assistance).
- If using a countertop model [WP-100/112 \(Ultra\)](#), [WP-260 \(Kids\)](#), [WP-300 \(Traveler\)](#), [WP-60/65 \(Classic\)](#), [WP-72 \(Classic Professional\)](#), or [WP-900 \(Complete Care\)](#), remove the black reservoir valve by pushing on it from the bottom. Clean the valve by massaging it under warm water for 30-45 seconds and set aside.
- Place the reservoir in the top rack of your dishwasher for cleaning. We recommend air drying instead of a heated dry cycle.
- If you removed the valve, place it back in the reservoir before use. (Dome side up, push in place so the four prongs are visible on the bottom of the reservoir.)



The reservoir is top-rack dishwasher safe.

Step 2: Clean the Internal Parts

- Mix 2-4 tablespoons (1-2 ounces) of white vinegar with 16 ounces of warm water.
- Fill the reservoir with the solution, and then run 1/2 of it through the Water Flosser.
- For countertop models, with the unit off, place the Water Flosser handle in the sink and allow the solution to gradually drain out the handle for 20 minutes.
- Run any remaining solution through the unit and then rinse with a full reservoir of warm water.



After running the white vinegar/water solution through the unit, allow additional solution to drain out the handle of countertop models for 20 minutes.

Step 3: Clean the Handle (Countertop Models)

- Remove the tip from the unit using the eject button.
- Soak the Water Flosser handle in a container of white vinegar for 5-7 minutes.
- Rinse the handle under warm water.
- Clean the Water Flosser tip separately using step #4.



Soak the handle of countertop units in white vinegar for 5-7 minutes.

Step 4: Clean the Flosser Tip

- Remove the tip from the unit using the eject button.
- Soak the Water Flosser tip in a container of hydrogen peroxide or white vinegar for 5-7 minutes.
- Rinse the tip under warm water.
- For maximum effectiveness over time, we recommend [replacing Water Flosser tips](#) every 3-6 months. The tips can become clogged and/or affected by mineral deposits.



Soak the flosser tip in white vinegar for 5-7 minutes.

It's easy to keep your Waterpik® Water Flosser clean so you continue to get the maximum benefit for your oral health.

What To Do About Low Pressure in Your Water Flosser

By Jerry C.
May 11, 2017

If you're experiencing low pressure in your Water Flosser, try following these steps to improve performance.

Clean Your Jet Tips

How to clean your Water Flosser Jet Tips:

1. Remove the Water Flosser tip from the unit using the eject button.
2. Soak the tip in a container of hydrogen peroxide or white vinegar for 5-7 minutes.
3. Rinse the tip under warm water.

Note: For maximum effectiveness, replace [Water Flosser tips](#) every 3-6 months as the tips can become clogged and/or affected by mineral deposits.

Clean Your Water Flosser

How to clean your Water Flosser:

[Clean your Water Flosser](#) every 1 to 3 months to ensure optimal performance.

For [Countertop models](#):

1. Mix 2-4 tablespoons (1-2 ounces) of white vinegar with 16 ounces of warm water.
2. Fill the reservoir with the solution, and then run 1/2 of it through the Water Flosser.
3. With the unit off, place the Water Flosser handle in the sink and allow the solution to gradually drain out of the handle.
4. Run any remaining solution through the unit and then rinse with a full reservoir of warm water.

For [Cordless models](#):

1. Add 1 tablespoon of white vinegar to a full reservoir of warm water.
2. Point the handle and tip into the sink.
3. Turn unit ON and run until reservoir is empty.
4. Rinse by repeating with a full reservoir of clean warm water.

Charge the Unit (Rechargeable Cordless Models) or Replace the Batteries (AA Battery Models)

To replace the batteries in the Cordless Express [WF-02](#) or Cordless Freedom [WF-03](#) Water Flosser:

1. Replace batteries when there is a noticeable change in performance.
2. The type and quality of AA battery used impacts performance of the product.
3. Use 3 AA Batteries (Alkaline Or NiMH Only)
4. Replace all batteries at the same time with new batteries of the same type and brand.

To charge the [Cordless Advanced](#) Water Flosser WP-560/562/563/565:

1. Charge the unit prior to first use by plugging the power cord into the wall and place the magnetic charger on the front of the unit for approximately 4 hours.
2. The charge indicator on the handle flashes when charging and stays on continuously when the unit is fully charged. A full charge lasts for approximately 1 week of typical use.
3. When there is approximately 30% charge left, the charge indicator light blinks 8 times quickly after use to indicate that you should recharge the unit. A complete recharge takes 3-4 hours.

To charge the Cordless Water Flosser [WP-360](#) Cordless Plus Water Flosser [WP-450](#), Cordless Professional Water Flosser [WP-440](#):

1. Ensure the power switch is in the OFF position when charging.
2. If you use your Water Flosser once a day or less, charge it overnight, once a week. If you use it twice a day or more, charge the unit more frequently.
3. Do not run the battery down completely. This may shorten the battery lifespan and requires charging the unit for 24 hours to obtain a full charge.

4. If the Water Flosser is to be stored for an extended period of time (six months or more), be sure to fully charge it prior to storage. The unit contains a Nickel Metal Hydride battery.