

# 3 Steps to Safe Water

## Protecting Your Patients & Practice

The latest waterline research shows that every effective waterline maintenance protocol includes these 3 steps. Follow this guide closely to be in compliance with CDC Guidelines and ensure your patients and practice are safe.

## ONE: SHOCK FIRST

Often mistaken as unnecessary, shocking your dental unit waterlines is required for every water treatment protocol to be effective. Shocking utilizes a stronger chemical to completely rid your lines of contaminants and enables daily (or continuous) low-level antimicrobial products to work most effectively. *Complete shocking directions are on the back of this page.*

### When Should You Shock:

- › Before first beginning a treatment protocol or when changing treatment products
- › At least every quarter (90 days)
- › When your waterline test reveals a contamination level of 200 CFU/mL or more
- › For more information, visit [ProEdgeDental.com/Shock](http://ProEdgeDental.com/Shock)

After completing the shock treatment, continue your daily treatment product. To find out which treatments are most effective, annual cost, and tips for success, visit [ProEdgeDental.com/Treatment-Guide](http://ProEdgeDental.com/Treatment-Guide).

## Questions?

888.843.3343

[www.ProEdgeDental.com](http://www.ProEdgeDental.com)

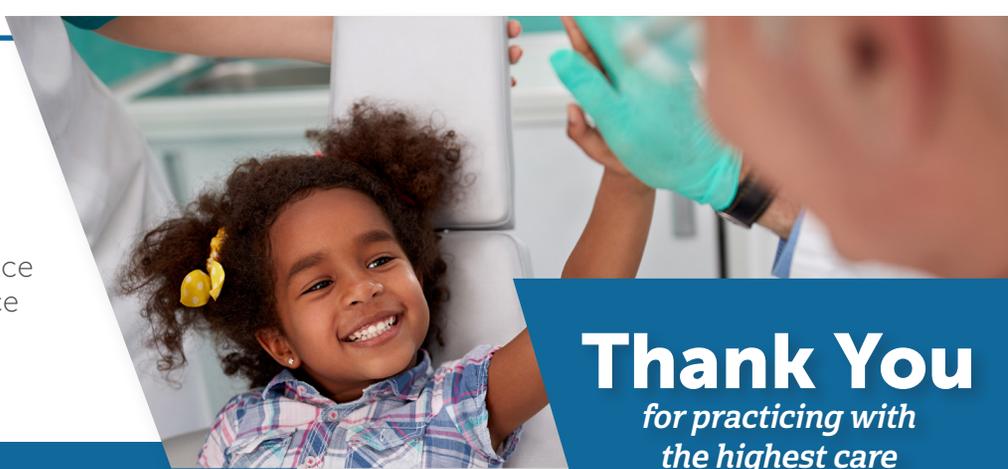
## TWO: DAILY TREATMENT

Daily, or continuous, waterline treatments are specially formulated to *continuously* control contamination in dental unit waterlines by reducing and inhibiting re-growth of bacteria. They are designed to be safe enough for direct patient contact and strong enough to maintain safe waterlines.

### How To Use a Daily Treatment:

- › Add a daily tablet, like BluTab, at every water bottle refill, or if using a straw or cartridge, install & monitor iodine output
- › Follow each treatment product's instructions very carefully to ensure proper use
- › Using distilled water alone is not sufficient for waterline maintenance (CDC, ADA)
- › Reverse osmosis units or filter systems are not recommended as a waterline treatment by themselves

Flush your water & air lines for 20–30 seconds in between each patient. Be alert to signs that may indicate biofilm formation including musty odor, cloudiness or particulates in the water, and clogging of lines.



**Thank You**  
for practicing with  
the highest care

## THREE: TEST QUARTERLY

Quarterly clinical monitoring of your waterline safety is the only way to ensure that treatment procedures are performed correctly and that your water exceeds the standard for safety ( $\leq 500$  CFU/mL).

If a line fails during testing, initiate an immediate shock, confirm that maintenance procedures are being followed, and retest as soon as possible. If your test shows microbial counts in the caution range (200 to 500 CFU/mL), shock within one week and continue quarterly testing.

### How often should I test?

- › Test your waterlines every month
- › Once passing results are consistent, test quarterly
- › Test your waterlines after completing any remedial action to correct a failed test to ensure remedial action was effective



# How to Shock Your Waterlines Using Diluted Bleach:

## STEP 1: CREATE BLEACH-WATER SOLUTION



- › Detach your chair's water bottle.
- › Add a small amount of bleach based on your bottle size and bleach product concentration (See tables below). Fill the rest of the bottle with water.

8.25% Bleach Product Concentration:  
Add 1 part bleach for every 13 parts water

5.25% Bleach Product Concentration:  
Add 1 part bleach for every 9 parts water

## STEP 2: RE-ATTACH YOUR BOTTLE TO THE UNIT

## STEP 3: RUN BLEACH INTO EACH LINE



### Air-Water Syringe

- › Run each A/W Syringe for 10 seconds or until you smell the bleach flow out the spout or you notice the "slippery" feel of the bleach. The bleach is now in the lines.
- › Set your timer for 10 minutes.

### High & Slow Speed Lines

- › Remove each handpiece from the end of the line.
- › Place the handpiece connection into a sink, cup, or bucket.
- › Switch the "flush" toggle (or step on the reostat) for a few seconds until you can smell the bleach at the handpiece connection.
- › Repeat this procedure at every handpiece line, including slow speed handpieces.
- › If no water flows through your slow speed lines, shocking these lines is not necessary.



### Ultrasonic Scalers

- › If you have an ultrasonic scaler in this operator, run the scaler until you smell the bleach at the scaler tip.

## STEP 4: MONITOR YOUR TIMER



- › Leave bleach in *each* line for 10 minutes and NEVER MORE than 15 minutes.
- › After 10 minutes per line, disconnect the water bottles and dump the remaining solution into the sink. Do not send the bleach solution through evacuation lines.
- › Refill water bottles with warm water and flush the lines for 1-3 minutes or until the remaining bleach odor disappears.



## KNOW BEFORE YOUR SHOCK

- › **DO NOT** flush bleach into any vacuum or drain system that contains an amalgam separator.
- › **DO NOT** leave bleach or sodium hypochlorite in your waterlines for more than 10 minutes.
- › **DO** wear gloves and protective eye-wear.

## WHEN SHOULD I SHOCK?

- › Before first beginning a treatment protocol or when changing treatment products.
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## WHY DO I NEED TO SHOCK?

Our lab continues to discover just how important this part of the treatment process is to ensuring your lines are clean and safe. Biofilm works hard to survive and spread. Periodically, a more powerful chemical agent is necessary to clear your line of any remaining bacteria to ensure any treatment product can be effective. Practices that shock early and often routinely receive passing water tests.

## IS BLEACH SAFE FOR EQUIPMENT?

Several manufacturers (including Midmark, DCI International, DentalEZ, DENTSPLY Cavitron, and Proma) have authorized weekly or daily water system treatment with a solution of bleach. Sterilex ULTRA® is an effective alternative, but will require leaving it in your waterlines overnight.

## Questions?

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or visit [ProEdgeDental.com](http://ProEdgeDental.com)