

## **Arestin Post Op Instructions**

- ***Don't Touch.*** Avoid touching areas of your gums that your hygienist has treated.
- ***Wait To Brush.*** Wait 12 hours after your treatment with Arestin before brushing your teeth.
- ***Wait To Floss.*** Do not floss or use toothpicks or any other devices that clean between your teeth for 10 days.
- ***Avoid Eating Hard, Crunchy, or Sticky Foods*** for 1 week after treatment.
- ***Always Follow Up.*** Because the bacteria that cause periodontal disease are persistent, the infection can return. Please be sure to make follow-up appointments with your dental hygienist to maintain healthy gums and teeth.
- ***Keep Your Scheduled Appointments.*** It is important to keep all of your dental appointments so that your dental hygienist can re-examine your gums, make sure the infection is under control, and measure the success of your treatment.