



Arestin Post-Operative Instructions

- **Don't touch.** Avoid touching areas of your gums that your hygienist has treated.
- **Wait to floss.** Do not floss, use a toothpick or any other device that clean between your teeth for 10 days.
- **Avoid eating hard, crunchy, or sticky foods** fir 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.