



## *Post Visit Instructions*

### *Arestin Periodontal Treatment*

Arestin® is a bioresorbable gel containing minocycline (a tetracycline derivative) microspheres. It has been FDA approved for treatment of gum disease after a deep cleaning procedure known as scaling and root planing.

#### *It helps:*

When placed in a periodontal pocket, Arestin® maintains a high-level of antibiotic right at the gum disease site without exposing the rest of the body to antibiotics. This allows treatment using one-hundredth the usual pill-form dose. It directly fights the gum disease infection for 14 days.

#### *Precautions for maximum effect of Arestin®:*

- No eating or drinking for 30 minutes following treatment
- Avoid touching the treated areas.
- Wait 12 hours after your treatment before brushing teeth.
- Wait 10 days before using floss, toothpicks, or other devices designed to clean between the treated teeth.
- Avoid foods for 1 week that could hurt your gums. (Popcorn, chips)
- Don't chew gum or eat sticky foods.
- After 10 days, resume cleaning between the treated teeth on a daily basis.

Remember, you must do your part. After your therapy, if you don't brush at least 2 times per day and floss every day, then any dental treatment of your gum disease will not work effectively.

Please feel free to call us if you have any questions at **562.860.6626**

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