

# Arestin Post Op Instructions

## NO TOUCHING:

Don't touch the treated gum areas with your tongue or fingers.

## BRUSHING DELAY:

Wait 12 hours before brushing your teeth after treatment.

## FLOSSING RESTRICTIONS:

Avoid flossing or using toothpicks in the treated area for 10 days.

## DIET MODIFICATIONS:

Avoid hard, crunchy, or sticky foods for one week.

## FOLLOW UP APPOINTMENTS:

Attend scheduled follow up appointments with your dentist to monitor your gum health.