



Care Instructions for Scaling and Root Planing

If you received anesthesia, do not eat or chew until the numbness has subsided.

Wait two hours after your procedure before eating, and eat only soft food for the first 48 hours (ideally, for 72 hours).

Until healing has occurred, avoid hot spicy foods and alcohol.

Avoid tobacco products for at least 72 hours.

On the first night, brush the area lightly with a soft brush.

Continue with regular flossing and brushing tomorrow.

You may use warm salt water rinse in the first 48 hours after your visit. then resume recommended mouth rinse.

Continue with all antibiotics for the full course even if symptoms have subsided.

If you have any discomfort:

Take a pain reliever before the anesthetic has worn off or as recommended.

Rinse mouth with warm salt water.

Contact our office if you experience bleeding that continues for more than three days or if you have any other concerns.



Post Visit Instructions

Arestin Periodontal Treatment

What is it?

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.

How does it work on gum disease?

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.

How do I get the best results from my treatment with 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, it is critical to do your part. After your Arestin® 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.