



POST ARESTIN© PLACEMENT INSTRUCTIONS

1. Wait 10 days before using floss, toothpicks, or other devices designed to clean between teeth in treated areas.
2. For 10 days, do not brush the area aggressively. Gently brush the biting 1/3 of the tooth. Avoid the gum line.
3. Avoid eating hard, crunchy foods for one week.
4. Avoid eating sticky foods, candy and gum for one week.
5. Avoid carbonated drinks for one week.
6. Avoid any vigorous swishing of mouth rinse for one week.
7. After 10 days, floss and brush the gum line gently for the first time becoming more firm as days go by.

Follow up with your Dentist and/or Hygienist by keeping your scheduled 3 month appointment for an Arestin check. Start and maintain a good oral care routine.

Please call our office at (804) 270-3080 with any concerns.