



POST-OPERATIVE INSTRUCTIONS

After Arestin® (Locally-Applied Antibiotic)

Preventative Care · Cisco Dental — Dental Fitness

Right after your deep cleaning, we placed ARESTIN® — tiny microspheres of the antibiotic minocycline — directly into the gum pockets around specific teeth. They dissolve slowly and keep fighting the bacteria of gum disease for weeks. Protecting that medicine where we placed it, especially the first week, is what makes it work.

★ The one rule that matters most

- Do NOT floss, use interdental brushes, picks, or a water flosser at the treated areas for 10 days. The medicine has to stay down in the pocket to do its job — cleaning between those specific teeth too soon washes it out.
- You may and should keep flossing and cleaning between all your OTHER teeth normally.

Keep brushing — gently

- Continue brushing your teeth twice a day, including the treated teeth — just be gentle right at the gumline of the treated sites so you don't dislodge the microspheres.
- Avoid touching the treated areas with your tongue or fingers.

Eating

- For 1 week, avoid chewing hard, crunchy, or sticky foods (for example carrots, nuts, taffy, and gum) with the treated teeth.
- Chew on the other side when you can, and favor softer foods for the first day or two.

What is normal

- Mild to moderate gum tenderness or sensitivity during the first week after a deep cleaning and Arestin is expected and settles on its own.
- You may briefly feel a slight bit of the material at the gumline — that is normal.

Please tell us

- ARESTIN is a tetracycline-class antibiotic. Let us know right away if you are or might be pregnant, or if you have a tetracycline allergy.
- Call (254) 442-2000 for pain or swelling that worsens after a few days, or any sign of an allergic reaction — itching, rash, hives, or swelling. For any trouble breathing, call 911.