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Scaling and Root Planning (Deep Cleaning)

- Do not eat until the anesthesia wears off.
- Your gums and teeth may be sensitive for 2-3 days.
- You should perform normal brushing and flossing.
- Avoid very hot or cold foods and liquids until sensitivity subsides.
- If the sensitivity continues take over the counter pain medications such as Motrin or Tylenol, and use toothpastes for sensitive teeth.
- If you have other symptoms or questions please call the office.

Tips to Remember After Treatment with Arestin

- Don't touch. Avoid touching areas of your gums that your dentist or hygienist treated.
- Wait to brush. Wait 12 hours after your treatment with ARESTIN before brushing your teeth.
- Wait to floss. Do not floss or use toothpicks or any other devices that clean between your teeth for at least 10 days.
- Avoid eating hard, crunchy, or sticky foods for one week after treatment.
- Always follow up. Because the bacteria that cause periodontal disease are persistent, the infection can return. Please be sure to make follow-up appointments with your dental professional to maintain healthy gums and teeth.
- Keep your scheduled appointments. It is important to keep all of your dental appointments so that your dental professional can re-examine your gums, make sure the infection is under control, and measure the success of your treatment.