

ARESTIN Post-op Instructions

How do I achieve the best results from my treatment with ARESTIN?

To achieve the best results, follow the instructions given by your dental professional. You'll also find these important guidelines useful after treatment with ARESTIN:

- Avoid touching areas of your gums that your dentist has treated for 1 week
- Wait 10 days before using floss, toothpicks, or other devices designed to clean between teeth in the areas that were treated with ARESTIN
- Avoid eating hard, crunchy, or sticky foods such as carrots, taffy, and gum for 1 week after treatment
- Be sure to return for your follow-up appointments, since periodontal (gum) disease can recur and gums need to be checked regularly

You should notify your dental professional promptly if pain, swelling, or other problems occur. To get the best results from your ARESTIN® treatment, follow the recommendations above. Your dental professional may also have ideas for getting good results.

Dr. Argersinger and DurhamDDS

Dr. Argersinger owns and operates DurhamDDS, a family dental practice in Durham, NC, who offers dental implants along with periodontal therapy and other non-invasive treatments for gum disease. As such, he regularly counsels every patient at his dental office to accept two simple keys to healthy oral status:

Key #1 -- The first key to maintaining excellent periodontal health is to **have teeth professionally cleaned at regular intervals** as defined by your dentist.

Key #2 -- The second key is to **adopt your role as 'co-therapist'** for your teeth and treat your teeth and gums every day with proper and effective oral home care: Brushing and flossing.

People who do both of the keys above have a much higher success rate with maintaining stable periodontal health than do people who only adopt one of the keys. Because periodontal disease has no cure, it is crucial to adopt both keys for success in your therapy.

If you have any questions or problems following today's appointment you can call Dr. Argersinger at the office at (919)286-0779.