



**Blue Hills**  
D E N T A L

**Arestin**<sup>®</sup>  
minocycline HCl 1mg  
**MICROSPHERES**

## POST OP CARE

# ARESTIN<sup>®</sup>

### WHAT IS IT?

Arestin<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup>?

- Avoid touching the treated areas.
- Wait 24 hours after your treatment before brushing teeth.
- Wait 10 days before using floss, toothpicks, or other devices designed to clean between the treated teeth.
- For 1 week, avoid any foods that could hurt your gums, e.g., nuts, shell-type foods like popcorn, or anything with small seeds.
- For 1 week, don't chew gum or sticky foods.
- After 10 days, resume cleaning between the treated teeth on a daily basis.

Remember, you must do your part! After your Arestin<sup>®</sup> 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. Also, it is very important that you keep your scheduled recall appointment (usually every 3 or 6 months) where we will evaluate the area where the Arestin<sup>®</sup> was placed.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT YOUR BLUE HILLS DENTAL OFFICE**

