

## **Post-op instructions for arrestin placement**

- Avoid touching the treated gum areas with fingers or anything else.
- Wait 12 hours before gently brushing treated spots; avoid vigorous rinsing
- Do not floss, use toothpicks, or interdental brushes in the treated areas for 10 days.
- Avoid hard, crunchy, or sticky foods (like chips, popcorn, nuts, gum) for one week.
- After 10 days, resume daily flossing and cleaning between teeth in the treated areas.
- Keep all scheduled dental appointments for re-evaluation, as bacteria can return.
- Mild to moderate sensitivity is common.
- Contact your dentist for severe pain or signs of allergy (swelling, itching etc.)