

## Instructions & Information for Patients

### Perio Rx (rinse following 1<sup>st</sup> S&RP appointment):

*Rinse daily and at night.*

*Swish for 1(one) minute.*

*\*\*\* This medicine should be the last thing in your mouth at night.*

*Do not eat or drink afterward.*

*Use for 10 (ten) days only. Or for the length of time suggested by the doctor.*

### Perio Med (rinse following 2<sup>nd</sup> S&RP appointment):

*Rinse daily and at night.*

*Swish for 1 (one) minute.*

*Continue use of this medicine until it is gone.*

### Information for ARESTIN Patients:

*After treatment, patients should avoid eating hard, crunchy, or sticky foods for 1 week and postpone brushing for a 12-hour period, as well as avoid touching treated areas. Patients should also postpone the use of interproximal cleaning devices for 10 days after administration of ARESTIN. Patients should be advised that although some mild to moderate sensitivity is expected during the first week after S&RP and administration of ARESTIN, they should notify the dentist promptly if pain, swelling, or other problems occur.*

# Post Extraction Instructions To Patients

1. Maintain pressure over the extraction site for 20-30 minutes by biting on gauze sponge. Then remove and throw away.
2. Do not rinse mouth with any type of mouthwash for 24 hours. The next day it is good to rinse the mouth with warm salt water (one quarter teaspoon of salt in a glass of water).
3. **DO NOT DISTURB THE EXTRACTION SITE** by sucking on it or playing with it with the tongue. You may invite irritation, infection, and bleeding.
4. **SWELLING:** If the extraction procedure was said to be difficult, the amount of swelling can be reduced by applying an ice pack to the side of the face on which the extraction was done. The ice pack should be used intermittently, e.g., on 1/2 hour and off 15 minutes, for the remainder of the day. During the next 24 hour period, heat, in the form of a hot water bottle to the side of the face or a towel dipped in warm water and held to the face is advisable.
5. **SUTURES:** If sutures (stitches) were placed, then return to the office in four days for suture removal, or when indicated by the doctor.
6. **PAIN:** For pain after an extraction or surgical procedure, two aspirin, or extra strength tylenol every four hours may be used to control the pain. If the procedure was extensive, the medicine that you get should be taken as directed.
7. **EXCESSIVE BLEEDING:** In case bleeding occurs after you leave the office, apply pressure over the area by biting on a piece of gauze or a clean piece of cloth for 1-2 hours. If bleeding continues, then return to the office for treatment.
8. **BONY EDGES:** During the healing process, sharp fragments of bone may work up through the gum. If annoying, return to the office for removal.
9. **REPORT PROMPTLY** any condition that appears unusual.