



## Fairfield County Implants & Periodontics, LLC

### POST-PERIODONTAL THERAPY INSTRUCTIONS

*Checked boxes apply to you*

- 0.12% CHLORHEXIDINE (PerioGard®, Peridex®) DIRECTIONS
  - As mouthrinse
    - Rinse with 1 teaspoon for 30 seconds, then expectorate
    - Use ONCE/TWICE daily
  - As brushing solution
    - Dip toothbrush (manual or electric) in chlorhexidine solution
    - Massage gums with circular motion for 1-3 minutes

- POST-LOCAL ANTIBIOTIC (Arestin®) APPLICATION DIRECTIONS
  - Wait 12 hours before brushing
  - Do NOT use floss, toothpicks, interproximal brushes or other hygiene aids in between teeth for 1 week
  - Avoid hard, crunchy or sticky foods for 1 week
  - Do NOT touch the treated area(s) for 1 week (**marked below**)

