

***Congratulations for choosing to get healthier  
by removing the harmful infection in your gums!***

### Here's what to do to at home:

- **Electric Toothbrush:** Twice a day for 2 minutes: morning & before bed.
- **Floss:** At least once a day, preferably before bed.
- **Antibiotic (if prescribed):** Use as directed on prescription label.
- **Rinse AM and PM**
- **If Arestin Placed: No floss or waterflosser for two days.**

### What to do with Rinses:

<p><b>After 1<sup>st</sup> Appointment:</b></p> <p>Use <b>TheraStorm</b> twice a day. Rinse with ½ capful. Swish in your mouth for <b>30 seconds</b>, and spit out. <b>Use twice a day:</b> morning &amp; before bed.</p>	<p><b>After 2<sup>nd</sup> / Final Appointment:</b></p> <ol style="list-style-type: none"> <li>1. Finish using all <b>TheraStom</b> rinse as directed until gone.</li> <li>2. You can rinse with Listerine as a maintenance mouthwash.</li> </ol>
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Other recommendations:

- Proxy Brush     
  Sulca Brush     
  Listerine Flosser     
  Clinpro Toothpaste

**After first gum therapy appointment, use Electric brush on *Sensitive Gum* setting. You can change it to another setting after first appointment.**

**Your hygienist \_\_\_\_\_ recommends professional cleanings:**

- Every 3 months     
  Every 4 months     
  Every 6 months

This frequency will help prevent regrowth of harmful bacteria by removing buildup, plaque and stain. This will maintain fresh breath and gum health.

***This guide, along with others, can be found at mmSmileCenter.com under the "Patient Resources" tab.***