

***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.
- **Therastom Rinse AM and PM**
- **If Arestin Placed: No floss, water flosser, or interproximal aide for two days.**

What to do with TheraStom:

<p>After 1st Appointment:</p> <p><i>Use TheraStom twice a day:</i> morning & before bed. Do NOT dilute. Rinse with one capful. Swish in your mouth for 30 seconds, and spit out.</p>	<p>After 2nd / Final Appointment:</p> <ol style="list-style-type: none"> 1. Finish using all TheraStom rinse as directed until gone. 2. Then rinse with LISTERINE for 30 seconds, then spit out. <p><i>Use twice a day:</i> morning & before bed. You can continue to use Listerine as a maintenance mouthwash.</p>
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Other recommendations:

- Proxy Brush
 Sulca Brush
 Listerine Flosser
 Clinpro Toothpaste

After first gum therapy appointment, use Electric brush on lowest settings , gently brushing.

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.