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## ***Arestin Home Care Instructions***

*Do not touch the treated areas*

*Wait 12 hours to brush your teeth.*

*Wait 10 days to floss near the treated area.*

*Avoid eating hard, crunchy, or sticky foods for one week.  
This includes nuts, seeds, popcorn and granolas.*

*Rinse your mouth with the prescribed Peridex, at least twice a day.  
No Listerine or Scope products.*

*This is an antibiotic treatment medication and you should avoid exposure  
to the sun and ultraviolet lights. (sun beds)*

*Arestin may also decrease the effectiveness of birth control pills. Please  
use alternative measures of this possible side effect.*

*If you have any questions or concerns don't hesitate to contact our office.*