

TOOTH-Directive

TOOTH-Directive (Topical Oral Oxygen Therapy) for pocket reduction in periodontitis and peri-implantitis with blue[®]m

Preparation:

- Put the initial situation on an X-ray on which the bone level can be clearly seen, measure the pocket depth, recession and bleeding.

Premium option: start 4 weeks before treatment with blue[®]m teeth & bone formula: 3 x 1 capsule daily.*

Therapy:

- Start treatment with local anesthesia and make an acute wound by thorough curettage around the implant or natural element.
- Then apply blue[®]m oral gel deep into the pocket around the element or the implant with a disposable 2.5 ml syringe (Terumo) with a black mini tip (Ultradent).
- Flush the pocket after 2 minutes with saline and repeat the previous step. Leave the gel in place now.

Instructions for the patient:

Instruct the patient according to the following order:

1. Brush twice daily with blue[®]m toothpaste (permanent use).
2. Rinse four times daily 1 minute with blue[®]m mouthwash postoperatively for 4 weeks, then continue to use twice daily for 1 minute (permanent use)
3. Use an interdental brush with blue[®]m oral gel twice daily at the location of the element in question. The gel may also be applied in the pocket with a syringe 2,5ml (Terumo) with a black mini tip (Ultradent) twice daily. Continue to do so until an optimal result is achieved.

Premium option: use blue[®]m teeth & bone formula up to 6 weeks after surgery in the commenced dosing of 3 x 1 capsule daily, then switch to a maintenance dose of 2 x 1 capsule daily (lifelong) to prevent recurrence.*

Aftercare:

- Plan an initial assessment after two weeks.
- Reassess after four and eight weeks. When the situation is stable, check up every four months. Check pocket depth, recession and bleeding at each visit.
- Make an X-ray after one year to evaluate the increase in bone level.

* Dosage for adults