



## Directive for surgery

Directive for the use of blue<sup>®</sup>m before and after a surgical treatment

### Preparation:

- Start 2-4 weeks before surgery with blue<sup>®</sup>m mouthwash, twice daily for 1 minute and brush with blue<sup>®</sup>m toothpaste (for optimal condition of the oral mucosa).

*Premium option: start 4 weeks before treatment with blue<sup>®</sup>m teeth & bone formula: 3x 1 capsule daily\*.*

### Therapy of a closed wound:

- Apply a generous amount of blue<sup>®</sup>m oral gel around the wound using a pre-filled 3ml syringe and leave it in place as long as possible.

### Therapy of an open wound:

- Allow the wound two days rest and then start with the following measures.

### Post-operative instructions for patient home care:

1. Brush twice daily with blue<sup>®</sup>m toothpaste (permanent use) and the ultra soft blue<sup>®</sup>m surgical toothbrush for 4 weeks to irritate the treated area in the mouth as little as possible.
2. Rinse four times daily for 1 minute with blue<sup>®</sup>m oxygen fluid for 4 weeks postoperatively. Then continue to use blue<sup>®</sup>m mouthwash twice daily for 1 minute (permanent use).
3. Apply blue<sup>®</sup>m oral gel twice daily during 4 weeks around the wound with the 15ml tube and leave in place as long as possible.

*Premium option: use blue<sup>®</sup>m teeth & bone formula up to 6 weeks after surgery in the commenced dosing 3x 1 capsule daily.*

\* = Dosage for adults