



Directive for surgery

Directive for the use of blue[®]m before and after a surgical treatment

Preparation:

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

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

Therapy of a closed wound:

- Apply a generous amount of blue[®]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[®]m toothpaste (permanent use) and the ultra soft blue[®]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[®]m oxygen fluid for 4 weeks postoperatively. Then continue to use blue[®]m mouthwash twice daily for 1 minute (permanent use).
3. Apply blue[®]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[®]m teeth & bone formula up to 6 weeks after surgery in the commenced dosing 3x 1 capsule daily.

* = Dosage for adults