



TOOTh-Directive

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

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: 3x 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 pre-filled 3ml syringe.
- 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 fluoride free toothpaste (permanent use).
2. Rinse four times daily 1 minute with blue[®]m oxygen fluid postoperatively for 4 weeks, then continue to use blue[®]m mouthwash twice daily for 1 minute (permanent use)
3. Use an interdental brush with blue[®]m oral gel from the 15ml tube twice daily at the location of the element in question. The gel may also be applied in the pocket 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 3x 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