

## TOOTh-Directive

TOOTh-Directive (Topical Oral Oxygen Therapy) for pocket reduction in periodontitis and periimplantitis with blue<sup>®</sup>m

### Preparation:

- Put the initial situation on a radiograph 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<sup>®</sup>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 root planing around a natural element.
- Then apply blue<sup>®</sup>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<sup>®</sup>m toothpaste (permanent use).
2. Rinse four times daily 1 minute with blue<sup>®</sup>m mouthwash postoperatively for 4 weeks, then continue to use twice daily for 1 minute (permanent use)
3. Use an interdental brush with blue<sup>®</sup>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<sup>®</sup>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:

- After 2 weeks plan an assessment in your dental practice.
- Then check after 4 and 8 weeks. Thereafter in a stable situation every four months. Check pocket depth, recession and bleeding on every visit.
- After 1 year make a control radiograph. Check pocket depth, recession and bleeding. Evaluate increase in bone level.

\* Dosage for adults