

Guidelines using Bluem before and after implantology

english



oral gel
toothpaste
mouthwash
natural oxygen

- **Pre-Operative:** Give your patient instructions and apply according to the regime below:
 - Start **14 days** before operation to rinse with Bluem mouthwash for 1 minute 2 times per day. (To get the gingiva in an optimal condition)
- After implantation: Put a small amount of Bluem oral gel in a disposable 2,5 ml syringe (Terumo), screw the black minitip (Ultradent) on to this. Apply the gel on the closed wound around the implant.
- **Post-Operative:** Give your patient instructions and apply according to the regime below:
 - **Week 1:** Start cleaning your mouth 24 hours after surgery by rinsing with Bluem mouthwash. Repeat 4 times daily (for one minute) for one week, especially after meals. Brush your teeth with Bluem toothpaste starting on the first postoperative day being careful not to irritate the surgical site. Use a soft toothbrush.
 - **Week 2:** 3 x daily rinse (for one minute) with Bluem mouthwash. 2 x daily brush with Bluem toothpaste with a soft toothbrush.
 - **After 2 weeks:** You may gently brush with Bluem toothpaste the surgical site. If there are healing abutments placed on your implants which emerge through your gum, you should brush them routinely and keep them clean and free of plaque. 2 x daily rinse with Bluem mouthwash.

For more information:

www.bluemcare.com

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