



TOOTh-advice (Topical Oral Oxygen Therapy) for pocket reduction with Bluem in Parodontitis & Peri-Implantitis

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English version



- Record the initial situation on X-ray on which the bone progress can be clearly seen, measure the pocket depth, the recession & the bleeding
- Make an acute wound bed using curettage around the implant, and root planing around a natural element
- Put a small amount of Bluem Oral Gel© in a disposable 2.5ml syringe (Terumo), screw the black minitip (Ultradent) on to this. Apply the gel in the pocket around the element.
- Rinse the pocket after 2 minutes with saline & repeat former step again. Now leave the gel without rinsing.
- Give the patient instructions and apply according to the regime below:
 - 2 x daily brush with Bluem Toothpaste©
 - 2 x daily rinse for 1 minute with Bluem Mouthwash©
 - 2x daily interdental cleaning with Bluem Oral Gel© at the site of the element in question, or if the patient is able, have the gel applied in the pocket in the evening before going to bed, using the 2.5ml syringe (Terumo) and black minitip (Ultradent).
- Evaluation after 2 weeks
- Followed by check-ups after 4 & 8 weeks. If the situation remains stable and quiet, subsequent check-ups every 4 months. Check pocket depth, recession & bleeding during each visit.
- After 1 year, take control X-ray. Check pocket depth, recession & bleeding.

oral gel
toothpaste
mouthwash
natural oxygen



For more information:

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