

## Directive surgery

### Directive for the use of blue<sup>®</sup>m before and after a surgical treatment

#### Preparation:

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

*Premium option: start 4 weeks before treatment with blue<sup>®</sup>m teeth & bone formula: 3 x 1 capsule daily\*.*

#### Therapy of a closed wound:

- Apply a generous amount of blue<sup>®</sup>m oral gel around the wound using a disposable 2.5 ml syringe (Terumo) with a black mini tip (Ultradent) 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.

#### Postoperative instructions:

1. Brush twice daily with blue<sup>®</sup>m toothpaste (permanent use) and the blue<sup>®</sup>m super soft 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<sup>®</sup>m mouthwash for 4 weeks postoperatively.
3. Apply blue<sup>®</sup>m oral gel twice daily during 4 weeks around the wound with a syringe using 2.5 ml (Terumo) with a black mini tip (Ultradent) and leave in place as long as possible.

*Premium option: use blue<sup>®</sup>m teeth & bone formula up to 6 weeks after surgery in the commenced dosing 3 x 1 capsule daily, then switch to a maintenance dose of 2 x 1 capsule daily\* (lifelong) for optimal maintenance of the implant.*

\* = Dosage for adults