

Protocols for Topical Antioxidants

1. POST-SURGICAL. FOLLOWING MOST ORAL SURGICAL PROCEDURES INCLUDING BUT NOT LIMITED TO PERIODONTAL FLAP SURGERY, BONE GRAFTING, SOFT TISSUE GRAFTING, LASER SURGICAL PROCEDURES, AND EXCISIONAL PROCEDURES.

Apply two “pumps” of the gel with a Q-tip or finger tip to the surgical site 5 times a day for three days beginning the day after surgery, then 3 times a day for five days.

Once a patients is in a maintenance phase I recommend the following regime:

Maintenance Phase

AM - Brush.Floss.Rinse (AO ProRinse)

PM - Brush.Floss.Gel (AO ProVantage Gel)

2. XEROSTOMIA, RADIATION OR MEDICATION INDUCED, ASSOCIATED WITH RHEUMATOID ARTHRITIS, SJOGREN’S SYNDROME.

Apply two “pumps” of the gel with a Q-tip or fingertip to the anterior gingiva and spread around the mouth with tongue 3-5 times a day. Always use nightly at bedtime.

3. APHTHOUS ULCERS

Apply one “pump” of the gel with a Q-tip or fingertip to the ulcer 3-5 times a day until resolved.

4. APHTHOUS STOMATITIS

Rinse with water for 30-60 seconds, expectorate, and apply two “pumps” of the gel with a Q-tip or fingertip to the anterior gingiva and spread around the mouth with tongue 3-5 times a day.

5. ORAL LICHEN PLANUS, LICHENOID REACTION

Rinse with water for 30-60 seconds, expectorate, and apply two “pumps” of the gel with a Q-tip or fingertip to the anterior gingiva and spread around the mouth with tongue 3-5 times a day. Apply two “pumps” of the gel with a Q-tip or fingertip to the anterior gingiva and spread around the mouth with tongue 2 times a day for optimum maintenance.

6. DENTURE STOMATITIS

Remove denture and rinse with water for 30-60 seconds, expectorate, and apply 1-2 “pumps” of the gel with a Q-tip or fingertip to the affected area 3-5 times a day until resolved. Apply two “pumps” of the gel with a Q-tip or fingertip to the anterior gingiva and spread around the mouth with tongue 2 times a day for optimum maintenance.

Protocols for Topical Antioxidants - continued

7. GINGIVAL INFLAMMATION AT CROWN MARGINS

Apply 1-2 “pumps” of the gel with a Q-tip or fingertip to the inflamed site 3-5 times a day.

8. FOLLOWING TEETH BLEACHING

Apply two “pumps” of the gel with a Q-tip or fingertip to the anterior gingiva and spread around the mouth with tongue immediately after bleaching. Continue for 7 days post bleaching.

9. TOBACCO USERS

Apply two “pumps” of the specialty gel (AO ProVantage BLAST) to the anterior gingiva and spread around the mouth with tongue 3-5 times a day for smokers or directly to sites where smokeless products are placed.

10. ADJUNCTIVE CARE FOR GINGIVAL INFLAMMATION, I.E. AT CROWN MARGINS, FOLLOWING RESTORATIVE PROCEDURES, FOLLOWING PLACEMENT OF ORTHODONTIC APPLIANCES, ETC.

For localized areas, apply 1-2 “pumps” of the gel with a Q-tip or fingertip to the affected area 3-5 times a day. For generalized areas, Rinse with the mouth rinse for 30-60 seconds, expectorate, and apply two “pumps” of the gel with a Q-tip or fingertip to the anterior gingiva and spread around the mouth with tongue 3-5 times a day. Apply two “pumps” of the gel with a Q-tip or fingertip to the anterior gingiva and spread around the mouth with tongue 2 times a day for optimum maintenance.

11. GENERAL MAINTENANCE OF OPTIMUM ORAL CARE

AM - Brush.Floss.Rinse (AO ProRinse)
PM - Brush.Floss.Gel (AO ProVantage Gel)

In the morning , after thoroughly brushing teeth and flossing use approximately 20 ml of the mouth rinse for 30-60 seconds then expectorate.

In the evening, apply two “pumps” of the gel with a Q-tip or fingertip to the anterior gingiva and spread around the mouth with tongue, do not rinse with water, and allow gel to coat the gingiva.

12. MANDIBULAR ADVANCEMENT APPLIANCE AND BRUXISM ORTHOSIS (NIGHTGUARD)

Every night before bedtime and after brushing, apply two "pumps of the gel with a Q-tip or fingertip to the anterior gingiva and spread around the arch with your tongue. Repeat on other arch. Apply 2-3 "pumps" of the gel with a Q-tip into the inside of the appliance and insert. Expectorate excess.