

PERIOPACK

ORAL HEALTH KIT



For whiter teeth and healthy gums

A simple way to assist patients with periodontal problems using two proven anti plaque formulations. Patients using this system have experienced rapid improvements in gingival inflammation, and over time, a gradual reduction in periodontal pocket depths.



PERIOPACK+

PerioPack + consisting of 30mL Chlorhexidine Gel and 30mL Carbamide Peroxide 10% with Mouth Tray Holder and Thermo Splints to make custom made mouth trays.

Product code: 35511



PERIOPACK

PerioPack consisting of 30mL Chlorhexidine Gel and 30mL Carbamide Peroxide 10%.

Product code: 35512

"I have used PerioPack on some 8 cases. Some of these people I'd nearly "given up on". After a short period, I was pleasantly surprised with the improvement in appearance of the gingiva and drop in pocket depths of the posterior teeth. Along with these effects, there was a noticeable change in their attitude. In most cases this was the first time they had ever had an improvement with their perio. Some achieved a whitening effect but all had that brightening effect with such a clean tooth surface"

Dr Alan Fryday - Essendon, Victoria



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The management of gingival inflammation has long been a critical aspect of dental care, particularly for patients struggling with ongoing gingivitis and periodontitis. Since Harold Loe's seminal study in 1970, Chlorhexidine has been the gold standard for pharmacological management of gingival inflammation. Numerous studies have since confirmed its efficacy in reducing plaque and gingival inflammation through regular application. However, one of the significant drawbacks of long-term Chlorhexidine use is the potential development of brown discoloration on calculus and restorative materials, particularly after about two weeks of use. This staining, while not harmful, often necessitates professional cleaning to remove. Interestingly, clinical observations suggest that brushing with Chlorhexidine in a gel form is less likely to cause staining compared to rinsing with a Chlorhexidine liquid solution.

In 1998, a pilot study in an IADR extract introduced an innovative approach to mitigate the staining issue associated with Chlorhexidine while maintaining its anti-inflammatory benefits. The study proposed brushing with 10% Carbamide Peroxide gel in the morning and 0.2% Chlorhexidine gel in the evening, which resulted in reduced gingival inflammation without the unwanted staining. For patients with chronic gingival inflammation, this combined treatment protocol can help reduce inflammation and eventually allow them to revert to conventional toothpaste and mechanical plaque removal. Some patients, particularly those who struggle with plaque control or who are highly susceptible to oral flora, can successfully continue with this treatment protocol for extended periods.

Instructions for Patients

Patients following this protocol should adhere to the following guidelines:

1. Avoid other dentifrices: To maximise the effectiveness of the treatment, patients should avoid using other types of toothpaste or dental products.
2. Morning: Brush with 10% Carbamide Peroxide gel in the morning, expectorate, and do not rinse for at least 20 minutes.
3. Evening: Brush with 0.2% Chlorhexidine gel before bed, expectorate, and do not rinse for for at least 20 minutes.
4. Continue until inflammation subsides: Patients should continue this regime until they notice a reduction in gingival inflammation.

The combined use of Chlorhexidine and Carbamide Peroxide offers a dual-action approach. Chlorhexidine, a broad-spectrum antibacterial agent, works by reducing overall oral flora, targeting both gram negative and gram positive bacteria. Meanwhile, Carbamide Peroxide helps inhibit the staining effect of Chlorhexidine, specifically targets against anaerobic bacteria, and contributes to tooth whitening. Carbamide Peroxide may cause tooth sensitivity over time and Chlorhexidine helps counteract this, making this combination particularly effective.

Benefits for Patients with Periodontal Disease

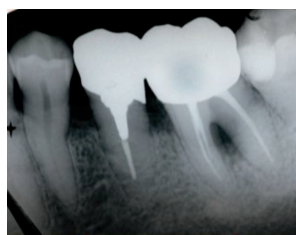
Patients with periodontal disease can benefit from this protocol by wearing custom-made mouth trays with the gel for 20 minutes morning and evening, then brushing with the remaining gel before expectorating. This should be followed by inserting an interdental brush, dipped in 0.2% Chlorhexidine, into each pocket 2-3 times per week. This approach has been supported by systematic reviews, which suggest that the long-term, subgingival use of Chlorhexidine gel can be an effective conservative treatment for chronic periodontitis. Clinical experience has shown that, with strict compliance, patients can achieve significant improvements in gingival health, reduced tooth mobility, and decreased exudate. A reduction in pocket depth is often a slow process that may take over a year to become noticeable, however, over a period of several years pockets of 7mm or less have been observed to reduce down to 3mm with continuous use.

The PDS PerioPack is a simple yet powerful means to manage gingival inflammation and periodontal disease. By reducing bacterial load, preventing staining, and combating tooth sensitivity, this protocol offers a practical, long-term solution for patients struggling with chronic oral health issues. While some patients may require referral to a periodontist for more specialised care, many will find that this protocol allows them to maintain healthy gums and teeth with reduced reliance on other professional treatments. The dual benefits of reduced inflammation and whiter teeth make this protocol an attractive option for both patients and clinicians, particularly in cases where traditional plaque control methods have proven inadequate.

Pharmacological management of residual pockets over 12 years



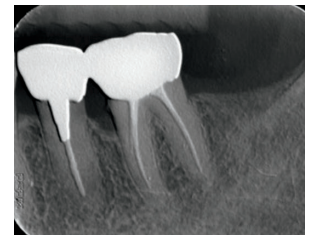
inter dental brush with CHX in deep perio pockets reduces pocket depth



2009



2015



2021

self healing periodontal treatment

photographs courtesy of Dr Geoffrey Knight AM, BDS (Melb), MSc (London), MBA, FICD, FADI, PhD