

A Secondary Analysis of Post Application Instructions for Fluoride Varnishes



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INTRODUCTION

Periodic professional topical application of Fluoride has been demonstrated to result in significant reduction in Dental caries in both children and adults[1]. Therefore, it is recommended for children and adults with high caries risk[1].

Fluoride varnishes are more effective than foams or gels [1]. NaF varnish is particularly recommended in children for ease of use and equal efficacy to APF systems.[1]

Fluoride works through 3 mechanisms of action: Topical, antibacterial and systemic[2].

Fluoride varnishes work topically and commonly come in formulations of 5% NaF with similar recommendations across different brands which include applying a small amount (usually the constituents of the given package which is used once per person/child), providing the patient with post application instructions and informing the patient that there is a film of fluoride varnish on the teeth. [2]

PURPOSE

The purpose of this research is to ensure that the instructions given to the patient or parent post fluoride varnish application are cohesive and consistent across commonly used brands to be able to reach the desired result of the applied treatment.

METHOD

An analysis of the manufacturers' directions provided for the post operative instructions of Fluoride Varnish.

The pamphlets of 5 different common brands were used as a reference to follow when comparing the results.

The brands included in this study were MI fluoride GC America, Vanish Varnish 3M, Voco Proflouride, 3m Fast release and Enamelast.

FIGURES



FIGURE 1



FIGURE 2

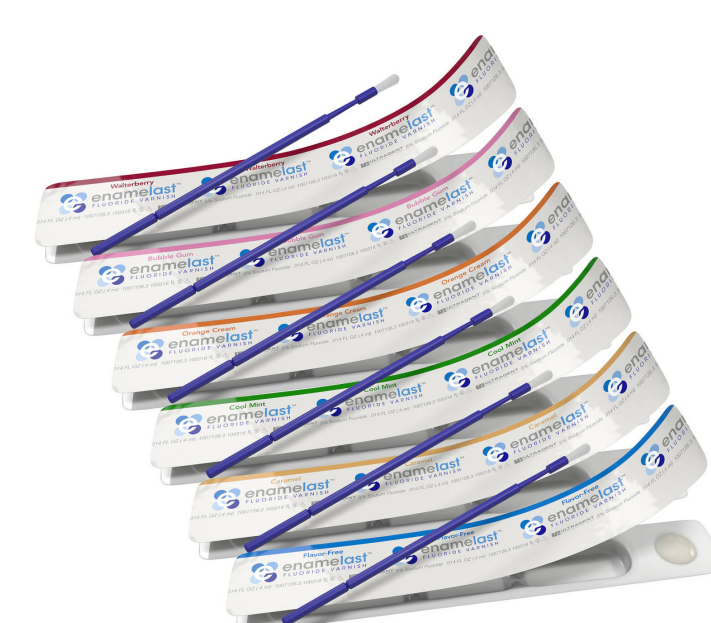


FIGURE 3



FIGURE 4



FIGURE 5

RESULTS

All 5 Fluoride Varnish manufacturers had similar instructions:

1. Tooth surfaces should be cleaned and dried before application of Varnish. A prophylaxis is not required.
2. Peel off the foil lid of the unit dose container of Varnish.
3. Apply a thin, uniform layer of Varnish on teeth / surfaces using a disposable brush. Note: If separation is observed, stir with the disposable brush before application.
4. Varnish sets when in contact with water or saliva.
5. Varnish should remain undisturbed on the teeth for four hours. Instruct patients to avoid hard, hot or sticky foods, tooth brushing and flossing, products containing alcohol (oral rinses, beverages, etc.) during this time period. (Above Instruction 4)

The exceptions were:

1. Voco Profluoride (Figure 1) not discussing the avoidance of Hot foods or drinks postoperatively
2. In laboratory studies, Vanish White Varnish (Figure 5) continues to release fluoride, calcium and phosphate for 24 hours. Patients should refrain from brushing or flossing their teeth for 24 hours to achieve the maximum benefit.
3. Enamelast (Figure 3) recommendation to refrain from oral fluoride supplements for 4 days after treatment, MI Fluoride GC America (Figure 4) and Voco Profluoride (Figure 1) stating several days after treatment, and all other brands recommending 2-3 days.

CONCLUSIONS

Fluoride varnish is commonly applied by dental professionals and dental healthcare providers should properly read Fluoride Varnish manufacturer's instructions if using different brands for patients / parents to receive the maximum benefits from the applied treatments

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