

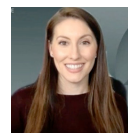
# THE HYGIENE PERSPECTIVE

## TO PREVENT DISEASE, SEAL OUT THE DECAY

Good home care paired with simple, in-office preventive treatments, such as fluoride varnish and sealant applications, put patients on the road to optimal oral health

The job of preventing disease is a big one, and unfortunately, there's no one-size-fits-all approach—even though it may seem that every patient is alike in their aversion to regular flossing. This makes recommending a home care regimen that patients will actually keep up with a significant challenge for hygienists.

"I like to individualize preventive care to each patient's unique needs, and then make suggestions based on their existing home care routine," said Sara Jane Snyder, a hygienist with 8 years of clinical experience who is passionate about patient education and choosing the right products to meet her patients' unique oral needs.



"Both fluoride varnish and sealants are great preventive tools to help the patient achieve optimal oral health."

Sara Jane Snyder, RDH, BSDH, MBA '21

"It's much easier to pick up a habit if you already enjoy doing it," she added.

In addition to promoting good home care and offering simple recommendations—such as switching from a manual to an electric toothbrush, using a low-abrasive fluoridated toothpaste, and demonstrating the proper C-shape flossing technique at every hygiene visit—Snyder relies on in-office treatments like fluoride varnish and pit-

and-fissure sealants to prevent disease and keep her patients' mouths healthy.

"Both fluoride varnish and sealants are great preventive tools to help the patient achieve optimal oral health," said Snyder, who recommends pit-and-fissure sealants for patients with deep and hard-to-clean grooves in their molars and premolars, and applies 3M Vanish 5% Sodium Fluoride White Varnish to patients with sensitivity or an increased risk for decay.

### There's a Catch

While most pediatric patients receive regular in-office varnish and sealant applications, adults are a different story. Even if adult patients have caries risk factors, such as a cariogenic diet, poor oral hygiene, exposed root surfaces, xerostomia, and multisurface restorations, they typically do not receive sealant and fluoride varnish applications. The

barriers that stop adults from saying yes to this simple preventive measure include cost and previous unpleasant experiences.

To get patients on board, you may have to do a little convincing, such as explaining risk factors and using a product designed for a quick and smooth application that won't leave a bad taste in patients' mouths.

Snyder said she had a patient whose sensitivity resolved after an application of fluoride varnish, so she continued to apply it every 6 months at the maintenance hygiene visit. "Other patients who have an increased risk of decay receive both sealant and fluoride varnish applications, and it has protected their teeth from further breakdown," she said.

Luckily, when it comes to choosing the ideal varnish or sealant treatment for your patients, you have plenty of options. Here's a rundown of some key players designed for easy application and a great patient experience.

### Sealants

Featuring SmartCap Technology, Premier Dental's **BioCoat** provides relentless protection, outstanding



BioCoat

adhesion, and extended fluoride release. This sealant has a high fluoride uptake for stronger enamel, remineralization compounds that offer extra defense against acid attacks, and excellent retention to seal margins and prevent microleakage.

Ultradent's **UltraSeal XT plus** hydrophobic pit-and-fissure sealant is a light-cured, radiopaque, fluoride-releasing composite sealant. The spiral in the Inspiral Brush tip causes shear thinning of the filled, thixotropic resin, reducing its viscosity when placed. The 58%-filled resin material is strong and wear resistant with low polymerization shrinkage.

**Patterson Pit and Fissure Sealant** inhibits dental caries by sealing occlusal surfaces and protects teeth from acid conditions caused by oral bacteria and dietary carbohydrates. Light-cured and radiopaque, it comes in a pearlescent color and is gluten-free.

Bioactive and light-activated, Centrix's **Champ** uses a moisture-tolerant chemistry that seals out microleakage for a long-lasting effect. Packaged in convenient single-dose Lollipop Packs, it is considered easier to use than syringe-delivered sealants, with easier access to all surfaces, especially in posterior areas.

The **3M Clinpro** light-cure sealant uses color change technology to turn from pink to an opaque off-white color when exposed to light. The pink color helps hygienists accurately apply the correct amount of material during application, and after being

## PREVENTING DISEASE IN EVERY PATIENT

Preventing caries isn't just important for pediatric patients, and Centrix is on a mission to prove it. The Prevention for Life movement is designed to combat the increasing rate of caries in adult and elderly patients. An evidence-based approach to managing disease, it provides hygienists with easy-to-use caries risk-assessment tools, CE-based educational opportunities, and in-office treatment recommendations, such as FluoroDose and Champ, to help patients maintain optimal oral health:



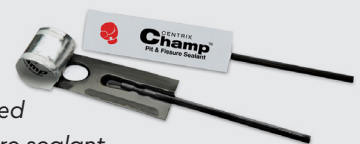
### FluoroDose

5% sodium fluoride varnish sweetened with xylitol

- Offers the maximum dosage of fluoride in convenient unit-dose Lollipop Packs
- For most offices, it costs less than \$1 per patient and takes about a minute to apply
- Remains on the tooth for 4 to 6 hours for maximum fluoride uptake

### Champ

Bioactive, light-activated pit-and-fissure sealant



- Seals out microleakage with a single-step, brush-on application
- Moisture-friendly chemistry tightly seals margins to eliminate pitting, chipping, or staining
- Single-dose Lollipop Packs offer easy cleanup and no cross-contamination

For more information about Prevention for Life, visit [cariesprevention.com](http://cariesprevention.com)

# THE HYGIENE PERSPECTIVE



**Grandio Seal**

light cured, the sealant changes to a more natural off-white color.

The nanohybrid pit-and-fissure sealant **Grandio Seal**, from VOCO, comes in one radiopaque shade that offers ideal visibility. The sealing process is enhanced thanks to VOCO's patented non-dripping technology (NDT) syringes and ultra-fine placement cannulas. This allows hygienists to achieve a drip- and bubble-free placement.

Keystone's **Aegis Pit & Fissure Sealant** contains amorphous calcium phosphate (ACP) as a filler, which creates a strong, long-lasting seal because it is resilient and flexible. Aegis keeps patients free from carious lesions on the occlusal surfaces by forming a chemical and thermal barrier.

**Riva Protect** is a glass ionomer sur-



**Riva Protect**

face protector, liner, and sealant from SDI. Ideal for caries-challenged patients, it guards vulnerable tooth surfaces and pits and fissures of partially erupted teeth from developing caries. The sealant adheres to the surface directly, strengthening tooth structure and sealing out acid and bacteria.

## Fluoride Varnish

Remaining on the tooth for 4 to 6 hours for optimum fluoride uptake, **FluoroDose** from Centrix dries in seconds upon contact with saliva. This varnish is smooth and stays clear to avoid tooth discoloration, while offering hygienists easy application and cleanup.

Delivered in an easy, no-mess, SingleDose delivery system, VOCO's

**Profluorid Varnish** is designed to treat hypersensitive teeth and exposed root surfaces, and seal dentinal tubules during cavity preparations. Available in 6 flavors, including a new Cola Lime flavor, with no unpleasant aftertaste, the transparent material adheres to moist surfaces and sets in seconds after contact with saliva.

**Patterson 5% Sodium Fluoride White Varnish** is ideal for treating dentinal hypersensitivity and reducing postoperative sensitivity. This smooth white varnish is easily applied in a thin, even layer and completely hardens within 10 seconds. It then dries to a natural tooth shade and stays on the tooth for several hours.

Applied with a brush, BISCO's **FluoroCal** delivers a targeted release of fluoride and calcium over a 24-hour period. The white varnish, sweetened with xylitol and flavored with spearmint, blends in well with the enamel. Its fluoride-containing formula combined with tricalcium phosphate provides greater acid resistance.

Available in spearmint, bubble gum, and caramel flavors, Cargus



**Aegis Pit & Fissure Sealant**



**FluoroDose**



**FluoroCal**



**Acclean One Step  
5% Sodium-Fluoride Varnish**

International's **MARK3 5% Sodium Fluoride Varnish** features a smooth formula that dries clear. MARK3 is formulated with tricalcium phosphate to prevent caries and promote remineralization. It also contains desensitizing properties when applied to enamel and dentin surfaces.

Henry Schein's **Acclean One Step 5% Sodium-Fluoride Varnish** comes in con-

venient 0.4-mL unit-dose packaging with an applicator brush. The translucent varnish sets when it comes in contact with saliva and dries to a natural tooth color. The product is easy to use, comes in 5 different flavors, and delivers the highest fluoride concentration available.

Both nut- and gluten-free, Ultradent's **Enamelast 5% sodium fluoride varnish** comes in unit-dose blister packs or easy-to-use syringe delivery that provides enough varnish for 2 to 4 patients. Available in 5 great-tasting flavors sweetened with xylitol, it produces a mechanical/chemical occlusion of dentinal tubules and offers superior fluoride release and uptake.

GC America's **MI Varnish** delivers bioavailable calcium, phosphate, and fluoride ions into saliva. Its unique formula includes casein phosphopeptides (CPP), which naturally occurs in milk casein and binds to oral surfaces such as teeth, dentin, oral mucosa, and biofilm. Available in strawberry and mint flavors, it has a smooth, creamy texture.

An optimized, clear varnish with an extended release of fluoride, calcium, and phosphate, **3M Vanish 5% Sodium Fluoride White Varnish** is formulated to stay in contact with the teeth longer for effective protection. It deposits strong, acid-resistant minerals on tooth surfaces, including dentin tubules, to relieve hypersensitivity.



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**Research References:**

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