

Keep them
healthier and
happier from
start to finish.



Prevention recommendations for orthodontic patients

Patients with orthodontic appliances are at a moderate or high risk for caries. By using caries-risk assessment and management protocols such as the CaMBRA Guidelines, you can help patients toward an improved prognosis. That's why 3M is providing this handy reference that outlines patient care recommendations for before, during and after orthodontic treatment.

Before orthodontic treatment begins

Complete an assessment of caries risk and patient compliance, including:

- History of caries
- Food and beverage intake
- Current oral hygiene routine

Educate your patient on their oral health risk

- Higher risk for developing cavities and gingivitis
- White spots can develop into cavities if not reversed

Educate your patient on steps to maintain good oral health

- Brush a minimum of morning and at bedtime
- Use of a power toothbrush and flossing
- Use of in-office fluoride treatment and prescribe a high fluoride toothpaste for 'at-home' use
- Avoid sticky foods and high-acid beverages

Help maintain oral health by implementing and documenting a plan of care

Here are the clinical recommendations and key oral therapies for treating at-risk patients.

During treatment

In-office treatment

- Fluoride varnish or 4-minute gel applied every 3 months
- Consider application of a protective glass ionomer coating around the brackets
- Prophylaxis every 3 months
- Use intraoral camera to show gingival tissue and plaque

Note: Fluoride varnish applications take less time and are more comfortable compared to fluoride gel

At-home care

- Reinforce good hygiene and dietary habits
- Prescribe a high sodium fluoride (5,000 ppm) toothpaste
- Recommend a power toothbrush and flossing
- If gingivitis is present, recommend an antimicrobial rinse

After treatment

- Reinforce ongoing hygiene habits to keep that beautiful smile
- If they have white spot lesions, prescribe use of a 5,000 ppm toothpaste to reverse the condition



Potential outcome without intervention

White spot lesions



Gingivitis



Recommendations, Protocols and guidelines referred to, are based on:

1. CaMBRA (Caries Management By Risk Assessment) guidelines (Jenson L, Budenz AW, Featherstone JDB, Ramos-Gomez FJ, Spolsky VW, Young DA. Clinical protocols for Caries Management by Risk Assessment. J Calif Dent Assoc. 2007;35(10):714-723).
2. The American Dental Association's Fluoride Clinical guidelines, 2013.

Key oral care therapies

Make patient care and compliance easier with 3M Preventive Care products that are effective and easy to use.

For all orthodontic patients:

Fluoride varnishes

3M™ Clinpro™ White Varnish

- Delivers targeted- and extended-release fluoride and calcium
- Easy and fast to apply
- Can be applied to moist teeth
- Adheres to the teeth until brushed off
- Indicated for treatment of hypersensitivity



For at-risk surfaces: enamel protectant

3M™ Clinpro™ XT Varnish

- Resin-modified glass ionomer material that releases fluoride, calcium and phosphate
- Creates a protective barrier against demineralisation and acid erosion
- Protects for up to 6 months



Take home remineralising toothpastes

3M™ Clinpro™ Tooth Crème

Anti-cavity toothpaste with TCP

- Contains 0.21% sodium fluoride (950 ppm fluoride)
- Large 113 g tube
- Mild Vanilla Mint flavour
- Contains innovative Tri-Calcium Phosphate
- Aids in the remineralisation of tooth surfaces (surface & sub-surface)
- Aids in the reversal of white spot lesions
- Helps to reduce root surface caries



High fluoride remineralising toothpaste

3M™ Clinpro™ 5000

1.1% Sodium Fluoride
Anti-Cavity Toothpaste

- Delivers 5,000 ppm of fluoride
- Proven to help reverse white spot lesions
- Facilitates patient compliance – no change in brushing routine
- Recommended once daily brushing with a pea-sized amount, unless otherwise instructed by dentist or healthcare professional
- Low abrasion – gentle and effective cleaning; suitable for exposed root surfaces
- 113 g Tube: 1 tube lasts up to 6 months; aligned with patient recall appointments
- Pleasant mild-tasting Vanilla Mint flavour
- Low foaming
- Available in North America since 2008 – backed by over five years clinical usage



Clinpro™ 5000 is a fluoride toothpaste for use after recommendation and supply by a dental or medical professional, in the prevention of dental caries in high risk patients. Designed to be prescribed to patients six years and older, as part of a professional preventive program.

Always read the label and use only as directed by your dentist or healthcare professional. If symptoms persist see your dentist or healthcare professional. For full prescribing and consumer medicine information, including precautions and contraindications, please visit: www.go.3m.com/clinpro5000au or www.go.3m.com/clinpro5000nz



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