

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

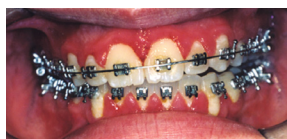
- Brush a minimum of morning and at bedtime
- Use of a power toothbrush and flossing
- Use of in-office fluoride treatment and prescribe a high fluoride toothpaste for 'at-home' use
- Avoid sticky foods and high-acid beverages

Potential outcome without intervention

White spot lesions



Gingivitis



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

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
- Available* in Mint, Cherry and Melon
*New Zealand, Mint only.



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 Sodium Fluoride 1.1% w/w Anti-Cavity Toothpaste

- Pharmacist Only Medicine, replaces conventional toothpaste regimen
- Available in a convenient 113 g (4 oz) flip-top tube (approx. 6-month patient supply).
- Creates acid-resistant, enamel-like remineralisation
- Mineralises and occludes dentine tubules
- Simple one-step compliance replacing your patient's current brushing regimen
- Contains 1.1% sodium fluoride (5000 ppm fluoride ion) – components found naturally in saliva
- Provides gentle, effective cleaning
- Helps to remineralise tooth enamel
- Protect teeth from acid wear and erosion
- It helps reverse tooth decay before it becomes a cavity
- Clinpro 5000 is recommended for adults and children 6 years of age or older, as part of a caries prevention program
- Over 10 years clinical usage in the U.S.



Clinpro™ 5000 is a fluoride toothpaste for use after recommendation and supply by a dentist or healthcare professional, in the prevention of dental caries in high risk patients. Dosage: Use once daily in place of conventional toothpaste. Method of use: Apply a thin ribbon or pea-sized amount of Clinpro™ 5000 to a soft-bristled toothbrush and brush the teeth for at least two minutes. After brushing, adults should expectorate. Children 6 to 16 years of age should expectorate and rinse mouth thoroughly with water. For best results, do not eat and drink for 30 minutes after use. Contraindications: Not recommended for use in children under 6 years of age. Do not use if known allergic reactions or hypersensitivity to any of the ingredients. Healthcare professionals should review the full Product Information/Data Sheet Document before prescribing. For complete prescribing information, and dosage and administration guidelines, please visit www.3M.com.au/preventive or www.3M.co.nz/preventive.



3M Oral Care

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