

Keep them  
healthier and  
happier from  
start to finish.



## 3M Prevention Protocol for Orthodontic Patients

Patients with orthodontic appliances are at a moderate or high risk for caries. By using caries-risk assessment and management protocols, you can help patients toward an improved prognosis. That's why 3M is providing this handy reference that outlines patient care protocols 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, water flosser, special flossers and rinses
- Use of in-office fluoride treatment and prescription-strength fluoride toothpaste
- 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
- 0.21% Sodium Fluoride (950 ppm) anti-cavity toothpaste twice per day
- Recommend a power toothbrush and water flosser
- Consider adding xylitol mints
- 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 950 ppm anti-cavity toothpaste with calcium and phosphate to reverse the condition

# 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 with Tri-Calcium Phosphate**

- Delivers targeted- and extended-release fluoride and calcium
- Easy and fast to apply
- No waiting to eat or drink
- 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 Durable Fluoride-Releasing Coating**

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



3M Gulf Ltd  
Bldg. 11, Dubai Internet City,  
Dubai, UAE

Phone +971 4 3670 777  
Web 3M.com/dental

3M, ESPE, Clinpro, PerioMed, TheraMints and White & Brite are trademarks of 3M or 3M Deutschland GmbH. Used under license in Canada. © 3M 2017. All rights reserved.