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## Press Release

### Latest study results

#### Regular application of a fluoride varnish in orthodontic treatment

According to a recent study involving adolescents in Sweden (Stecksén-Blicks et al. 2007<sup>1</sup>), the regular application of a fluoride varnish should be a standard procedure in orthodontic treatment.

The objective of the investigation was to assess the effect of a fluoride varnish on the formation of white spot lesions (WSL). A total of 273 adolescents aged between 12 and 15 participated in this double-blind, randomized, placebo-controlled, two-armed study.

In the course of orthodontic treatment with fixed appliances, the fluoride varnish Fluor Protector from Ivoclar Vivadent was applied around the brackets (Fig 1, Fig 2) in the test group every six weeks. The control group was treated with a placebo varnish at corresponding intervals.

Two independent testers assessed the incidence of white spot lesions after removing the brackets. The incidence in the fluoride varnish group was significantly lower with 7.4% compared to that in the placebo group with 25.3% (Fig. 3). In addition, the easy application as well as high acceptance of the aesthetic product were confirmed. The results substantiate the fact that the formation of white spot lesions in areas adjacent to brackets can be reduced if the fluoride varnish is applied regularly by a dental professional.

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Reference:

- <sup>1</sup> Stecksén-Blicks C, Renfors G, Oscarson ND, Bergstrand F, Twetman S: Caries-preventive effectiveness of a fluoride varnish: A randomized controlled trial in adolescents with fixed orthodontic appliances; *Caries Res* 2007; 41 455-459

Figures:

*(Abb1\_FluorProtector.jpg)*

Fig 1: Fluor Protector – the fluoride varnish from Ivoclar Vivadent

*(Abb2\_FluorProtector.JPG)*

Fig 2: Application of the fluoride varnish in orthodontic treatment (Courtesy of Dr. N. Bartling)

*(Abb3\_FluorProtector\_study\_e.jpg)*

Fig. 3: Significantly less white spot lesions (WSL) in adolescents with fixed orthodontic appliances after topical application of a fluoride varnish compared to a placebo varnish; application every 6 weeks during orthodontic treatment (Stécksén-Blicks et al. 2007)

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