

Tips from practicing dentists on using products to the best advantage

Product Category FLUORIDE VARNISHES

Dentist: Dr. Shalom Mehler
Practice location: Teaneck, NJ
Type of practice: General Practice
Years in practice: 29
System/product to be described: Enamel Pro Varnish
Manufacturer: Premier Dental Products Company
Company Website: www.premusa.com

Description of this product and its benefits to the dental patient:

It is commonly accepted that professionally applied fluoride varnish is an important component of caries management in children. The 2018 American Academy of Pediatric Dentistry Policy on Fluoride “encourages the application of professional fluoride treatments for all individuals at risk for dental caries,” and the current American Dental Association (ADA) Executive Summary from 2013 is “in favor” of fluoride varnish application for children up to 18 years of age at risk of developing caries.

Using the American Dental Association (ADA) Caries Risk Assessment Tools for children 0 through 6 years of age and older than 6 years, people with evidence of previous carious lesions, new carious lesions, teeth lost due to caries, visible plaque, and the presence of orthodontic appliances at moderate-high caries risk. According to the ADA, 2 through 4 applications of fluoride varnish are recommended for children with moderate-high caries risk. Enamel Pro Varnish



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(Premier Dental) is available in 3 flavors and offers the fluoride concentration recommended by the ADA: 2.3%. Amorphous calcium phosphate technology helps strengthen teeth by enhancing fluoride delivery, especially within the first 24 hours when varnishes are most effective. In a recent study, Enamel Pro fluoride varnish was shown to release high amounts of calcium and phosphate and significantly more fluoride than competing varnishes. In another study, Enamel Pro fluoride varnish was applied to enamel adjacent to a demineralized area, and it was found that the amorphous calcium phosphate varnish promoted significantly more fluoride deposition into or onto sound and demineralized enamel than a competing product that contained functionalized tricalcium phosphate.



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Step-by-step description of how this product is used with a patient:

After an 8-year-old girl underwent routine prophylaxis and an examination, I determined that she had a high caries risk based on the presence of previous restorations and 3 new occlusal and interproximal lesions. After receiving parental consent, I chose Enamel Pro Varnish for an in-office fluoride treatment. It is common practice to administer a fluoride varnish treatment after a prophylaxis to remove the pellicle, plaque, and any calculus. However, multiple in vivo studies have measured the uptake of fluoride by cleaned and uncleaned enamel and found no differences. One author summarized these studies, “Although the prophylaxis/topical fluoride treatment has been a time honored sequence in clinical dentistry, enough recent laboratory and clinical evidence exists to recommend the elimination of the prior prophylaxis as a routine procedure when professional topical fluoride applications are performed.” I removed the Enamel Pro Varnish’s foil covering and used the enclosed brush to stir the varnish to create a homogenous mix. After removing excess

Figure 1: Enamel Pro Varnish (Premier).

Figure 2: Removing the foil covering from Enamel Pro Varnish.

Figure 3: The varnish is stirred using the included brush to create a homogenous mix.

Figure 4: Enamel Pro Varnish being applied to the teeth.

saliva, I used the included brush to apply a thin coat of varnish across all tooth surfaces. Enamel Pro Varnish sets on contact, and patients can eat and drink normally immediately; however, patients should be instructed to not brush or floss for 4 through 6 hours after application. Owing to the patient’s high caries risk, the preventive treatment plan involved 2 additional fluoride varnish applications within 7 days. The patient received the first application of fluoride varnish after prophylaxis and examination. For the next 2 applications, the patient simply visited the office and received the fluoride varnish treatment without needing to undergo a hygiene procedure first; however, in the presence of heavy deposits or debris patients should brush before varnish application.