

## Fluoride Varnish

One of the aggravating consequences of inadequate brushing around the braces is the formation of white lesions. They are caused by plaque producing bacteria from the metabolism of sugars (carbonated beverages, etc.). White lesions are superficial erosions of the enamel and the beginning of a cavity. They are permanent in nature and can be quite anesthetic. After significant effort in orthodontic care, they are quite undesirable. White lesions can be reduced with strong teeth. To accomplish this we need adequate amount of fluoride, proper brushing and flossing, and reduction of sugars in the diet.

We stress to all of our patients proper brushing and flossing techniques. We also make efforts at each visit to reinforce proper brushing and flossing. Some patients are more susceptible to white lesions. The amount of fluoride incorporated into their teeth is important to reduce white lesions.

Fluoride varnishes are recent efforts by significant research programs to strengthen enamel that is susceptible to white lesions. This varnish is placed to clean teeth and is quite simple to place in our office. **The requirements for fluoride varnish are that the patient cannot eat or drink for two hours after placement of the varnish and no dairy products for 24 hours.** The side effect of varnish is that the teeth can be somewhat discolored or “yellowed” slightly for a short period of time. The varnish has been shown to reduce white lesions significantly for up to six months.

Dr Snyder has recommended that we place fluoride varnish on your child’s teeth that are susceptible to white lesions. Please continue to stress proper home care with brushing and flossing. Our hope is that these efforts will reduce white lesions and lead to a successful esthetic result. Thank you.

Sincerely,

Dr Ron Snyder and Staff

