



LUNCH & LEARN

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CENTRIX

Prevention in Practice

Safe, effective, and easy to apply, FluoroDose 5% sodium fluoride varnish stays on the teeth for 4 to 6 hours for maximum fluoride uptake

No one wants to feel like they're "selling" treatment—but when fluoride is indicated for an adult patient, how should hygienists approach the conversation? For Cathy Cabanzon, BASDH, CRDH, a productive patient conversation always begins with how fluoride can reduce decay.

After assessing the patient and discussing their diet, Cabanzon points to areas where bacteria tend to accumulate, leaving them vulnerable to acid attacks. "I tell the patient, 'I don't want that to happen, so I believe what you need is to place a preventive natural mineral fluoride on the tooth.'" she said.

One of the best ways to deliver that fluoride is through varnish, as it stays on the teeth longer. That's especially true for FluoroDose, which remains on the teeth for 4 to 6 hours for optimum fluoride uptake.

"There is evidence that supports fluoride ions remaining in place for several hours," Cabanzon explained. "The varnish acts like a sustained release system, and it keeps the fluoride in direct contact with the enamel long enough to maximize the uptake and release of those ions."



She noted that while every varnish formula is unique in terms of appearance, taste, and texture, they all share an underlying truth:

"There is not one piece of science to prove that a shorter contact period is equivalent to the uptake of 4 to 6 hours," Cabanzon said. "It's not systemic, so it stays right at the site. FluoroDose is clear, so you can keep it there; it delivers minerals that strengthen the area for hours, and it will last a few months."

A 'Raincoat' for the Tooth

Following a simple swipe-on procedure, FluoroDose dries in seconds upon contact with saliva and comes in 6 great-tasting flavors: Bubble Gum, Caramel, Cherry, Melon, Mint, and DraganBerry, named after Centrix founder Dr. William Dragan.

"I like FluoroDose because you don't have to paint it like you're painting a fingernail," Cabanzon said. "You just swab it on and it floats over the tooth, leaving a very light film. The patient can go on with their day. It's almost like a raincoat protecting and encasing the teeth while those natural mineral fluoride ions are slowly going inside and protecting it from the bacteria acid attacks. Because we don't know we're having an acid attack until all of a sudden, we have a cavity."

FluoroDose is packaged in a convenient LolliTray. Simply peel back the cover, dip in the brush, mix, and apply with a Benda Brush applicator.

"I see decay around crowns all the time, and it breaks my heart because fluoride could have prevented it," Cabanzon said. "The reality is that for too long, dentistry has followed a 'fix and patch' philosophy instead of a preventive one. Instead of watching and waiting, we should be remineralizing."

OWN THE CARIES CONVERSATION

Here, Cabanzon shares her tips for helping patients see the need for fluoride treatment:



Keep it simple. Tell patients fluoride varnish strengthens and protects against decay. Maybe they have a lot of crown work or root exposure where bacteria can get trapped. Every time they eat a carbohydrate, the bacteria will drop acid on the tooth for 2 hours. But if we place this "raincoat shield," it's going to restrengthen the teeth and it's going to fight that acid attack. If a patient is at high risk, it's your ethical duty to offer fluoride treatment.

FOR MORE INFORMATION:

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