

Control White Spots Appearance with using Fluoride Toothpaste

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1. Introduction

The decalcification or white spot lesion is one of the associate problems with orthodontics treatments (braces), in regard if it is fixed or movable treatments. These problems could be very obvious if the patients with poor oral hygiene, especially among adolescent and young patients. Thus, it is crucial to find a best method to prevent or eliminate white spot appearance to keep teeth structure healthy and fresh.

2. Aim

This study aims to evaluate the effect of using fluoride toothpaste for 6 weeks to manage with spots appearance among patients who are using orthodontic treatments.

3. Method

30 patients (35 ±10 years) from the King Hussein Medical Center who visited dental clinic for any of our provided orthodontics treatments participated in this study for 6 weeks. The patients were asked to used toothpaste with fluoride regularly (up to 3 times a day) and visit the clinic after 6 weeks to provide their feedback and for a general check up.

4. Results

86.6 % of the patients (25 patients) give a positive feedback and clearly noticed improvement in their teeth color using toothpaste with fluoride for 6 month as significantly effective with most of the patients. While, the rest of the patients (5 patients) have not noticed any changes and that was due to using the toothpaste irregularly and one of them was a smoker.

5. Conclusion

To sum up, this study found that using fluoride toothpaste to mange white spot appearance is an effective option and not costly as well. But, the patients need to used it regularly and reduce as possible any of their bad habits, such as smoking, drinking a lot of coffee, for better results.

6. Recommendations

Future study is required to compare the effect of toothpaste with other fluoride products such as gel or mouth wash to find the best method for our patients. More patients could be examined for a long term study to find out any side effects, complications, and impacts for this method.