

Protocol 2

First Appointment:

1. Establish friendly atmosphere.
2. Oral Examination, charting and treatment plan.
3. Oral hygiene instructions.
4. Seal sound permanent teeth in caries free patient.

Protocol 3

Fluoride Varnish^{11, 12, 13}

○ **Materials:**

1. Fluoride varnish (Single Application Dose)
2. Dental mirror
3. Disposable Gloves
4. Face Mask
5. Gauze pads 2x2
6. Cotton rolls
7. Napkins

○ **Procedure:**

1. Open the sealed unit dose from the designated place which contains an application brush and 0,4ml varnish.
2. Because the natural resin may settle during storage, Stir the contents of the well thoroughly with the brush provided.
3. Remove any obvious plaque or calculus.
4. Isolate the teeth with cotton rolls.
5. Dry the upper teeth by a piece of gauze 2x2.
6. Uniformly apply a thin layer of varnish on all surfaces of the teeth with the applicator brush.
7. Once the varnish is applied, it sets quickly in the presence of saliva.
8. The yellow color of the varnish allows the dentist to visualize the application.
9. Start with the lower arch.
10. Record the patient name in the fluoride varnish record.

- **Post Application Instructions:**

1. Wait for 4-6 hours before eating.
2. Eat soft, non abrasive diet for the rest of the day and avoid hot drinks.
3. Do not brush or floss the teeth until the next day.
4. The yellow color of the varnish is temporary and will brush off.
5. On the day of application, other fluoride preparations should not be administered .Routine regimens of fluoride tablets should be suspended for several days after treatment.
6. Give the child a copy of post application instructions.

- **Contraindications:**

1. Avoid applying varnish on large open carious lesions.
2. Ulcerative gingivitis.
3. Intraoral severe inflammation.
4. Known sensitivity to colophony or colophonium or other product ingredients.
5. In case of adverse reaction, remove varnish with a soft toothbrush and floss, and then rinse with warm water.
6. Direct Ingestion should be avoided.