



▼ POST GRADUATES ABSTRACTS

PG - 74 : COMPARATIVE EVALUATION OF THE REMINERALIZING EFFICACY OF FLUORIDE VARNISH AND ITS COMBINATION VARNISHES ON WHITE SPOT LESIONS IN CHILDREN WITH ECC –A RANDOMISED CLINICAL TRIAL

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Introduction: Early childhood caries (ECC) presents its first clinical manifestation as a white spot lesion (WSL). Preventive strategies if implemented at the earliest reverses these lesions, thus inhibiting caries progression. Fluoride varnishes are recommended in children as it remineralizes WSL. Since no clinical research has assessed the efficacy of combination varnishes, this present study was planned to assess the remineralising efficacy of fluoride and its combination varnishes on white spot lesion in children with ECC.

Methodology: In a single blinded randomized clinical trial, sixty children with active WSL on primary maxillary anterior teeth were randomly selected. At baseline, the WSL activity was evaluated using ICDAS II (LAA) and its dimensions through photographic method. They were allocated to Group 1 (5% NaF), Group 2 (5% NaF with ACP) and Group 3 (5 % NaF

with CPP-ACP). First, Oral hygiene instructions and diet counselling were given followed by application of fluoride varnishes in their respective groups. The same parameters were recorded at follow up of 2, 4, 12 and 24 weeks intervals. Data was collected and subjected to statistical analysis using Friedman Chi-square and Mann Whitney tests.

Results: From the overall results, Group 3(MI varnish) showed statistically significant reduction in the dimension of WSL from baseline to 24 weeks, when compared to other 2 groups. Although MI varnish changed all active WSL to inactivity, statistically the results were insignificant.

Conclusion: Combined fluoride varnish with CPP-ACP would be an effective preventive strategy in reversing WSL in children with early childhood caries.