

# Management of post orthodontic white spot lesion

Efka Zabokova-Bilbilova\*

Olga Kokoceva-Ivanovska<sup>1</sup>, Natasha Stavreva<sup>1</sup>, Aneta Mijoska<sup>1</sup>, Tanja Stefanoska<sup>2</sup>

Faculty of Dentistry, "Ss Cyril and Methodius" University, Skopje, Macedonia  
PHI Health Centre-Polynic Idadija (Mlin Balkan) Skopje, Republic of Macedonia

The **aim** of this study was to used methods to manage enamel demineralization after orthodontic treatment and preventive measures

## Materials and methods

A total of 20 teeth children with 45 active post-orthodontic WSL in anterior permanent teeth. The varnish was applied to weekly over the examination period. The WSL was evaluated twice: baseline and after 6 months following preventive treatment.



## Results

The results for the evaluation of the lesions regarding the classification of activity show that twenty-six WLS out of 45 were classified as inactive after the 6 varnish fluoride applications reaching a value of 80%.

## Conclusion

White spot lesions are managed by educating and motivating the patient to observe good oral hygiene. However, good oral hygiene is the most important prophylactic measure in fixed orthodontic patients to prevent WSLs. Post-orthodontic demineralized white lesions reduced in size during the 6 months following treatment. There was a clinical advantage in using the fluoride varnish in this study