

# 氟保护漆对青少年固定正畸中釉质脱矿的影响

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**【摘要】目的** 探讨氟保护漆对青少年正畸患者固定矫治后釉质脱矿发生率的影响。**方法** 将 80 例 16 岁以下青少年固定正畸矫治患者随机分成 2 组: 对照组 40 例 (721 颗), 对患者及家长进行口腔健康教育, 不涂氟; 实验组 40 例 (742 颗), 除了对患者和家长宣教外, 戴用固定矫治器时及正畸期间每 6 个月用氟保护漆处理牙面。临床观察 2 年, 对粘接托槽的牙齿观察其脱矿程度。**结果** 实验组中 706 颗牙脱矿指数为 0, 出现脱矿的有 36 颗, 脱矿率为 4.85%, 未出现脱矿指数大于 1 的患牙。对照组中有 604 颗牙脱矿指数为 0, 出现脱矿的有 117 颗, 脱矿率为 16.23%, 其中脱矿指数大于 1 的患牙有 18 颗。两组间差异有统计学意义 ( $P < 0.05$ )。**结论** 固定正畸患者戴用固定矫治器时及矫治期间使用氟保护漆能有效预防正畸牙釉质脱矿。

**【关键词】** 釉质脱矿 局部涂氟 固定矫治器

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## Study on the effect of fluoride varnish on enamel demineralization in children with fixed appliance

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**【Abstract】Objective** To evaluate the effect of fluoride varnish on the enamel demineralization in children with fixed appliance. **Methods** 80 children with fixed orthodontic appliance were divided into two groups. All children and their parents were given professional prophylaxis. 40 children in the second group received fluoride varnish treatment, and the other 40 children did not receive flour protector, and hence assigned into the first/control group. White spot incidence in all children was evaluated during a 2-year period of time. **Results** The index of white spot incidence was 16.23% and 4.85% in the first and second group, respectively, and the difference is statistically different. **Conclusion** fluoride varnish can be used effectively to prevent enamel demineralization in orthodontics.

**【Key words】** Enamel demineralization Fluoride varnish Fixed appliance

长期以来, 固定正畸患者出现的牙釉质脱矿现象, 一直困扰着口腔医师和患者, 固定矫治器戴入后使口腔清洁难度增加, 易造成食物滞留矫

治器周围, 而牙面的酸蚀处理又会加剧细菌的集聚, 改变口腔原有的生态环境, 如果患者口腔卫生维护不佳, 将提高牙釉质脱矿的发生率<sup>[1]</sup>。牙釉质脱矿作为固定正畸中常见的并发症之一, 表现为矫治过程中或矫治后釉质表面呈现白垩色, 甚

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