

3M Science.
Applied to Life.™

3M™ Fast Release Varnish

5% Sodium Fluoride Varnish
Fast Release Formula

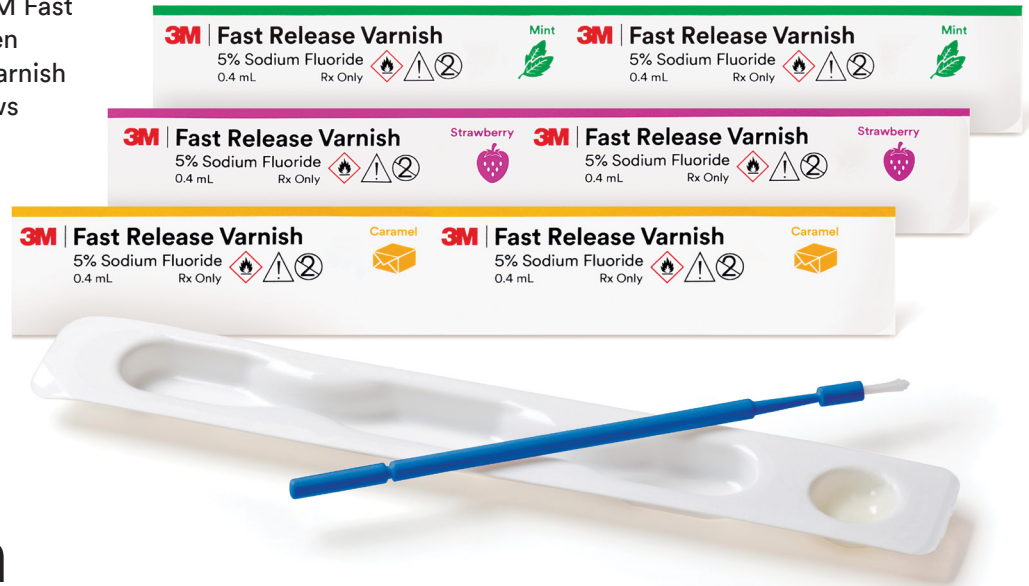
Technical Data Sheet



3M™ Fast Release Varnish

3M Fast Release Varnish is a fluoride-containing varnish. It can be applied to enamel and dentin. This product will adhere to dry teeth. 3M Fast Release Varnish is virtually invisible when applied to the teeth. 3M Fast Release Varnish exhibits a fast release formula and shows quick release of fluoride within the first two hours after application.

Mint, Strawberry and Caramel flavors are available in convenient, single-use tray packaging.



Composition

3M Fast Release Varnish contains 5% sodium fluoride and is sweetened with xylitol. The varnish is an alcohol-based suspension of modified rosin. The product is supplied in unit-dose trays containing 0.4 ml (0.4 grams) of 3M Fast Release Varnish. Each 0.4 ml dose contains 20mg sodium fluoride equivalent to 9.0mg fluoride ion.

Benefits at a glance:

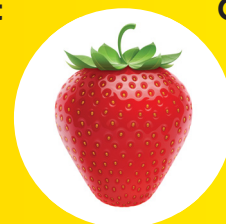
- 22,600 ppm sodium fluoride
- Contains xylitol
- Sets rapidly on contact with saliva
- Virtually clear and smooth coating
- Fast release formula
- High patient satisfaction
- High clinician satisfaction
- Easy to use
- Three fun and tasty flavors



Mint



Caramel



Strawberry

Procedure

3M™ Fast Release Varnish is easy to apply.

- 1 The tooth surfaces to be treated should be thoroughly cleaned with a toothbrush or rubber cup polisher, or wiped with gauze prior to varnish application.
- 2 Lightly dry the tooth surfaces to be treated.
- 3 Open the unit-dose package of 3M Fast Release Varnish and use the applicator brush to thoroughly mix the varnish.
- 4 Apply the product to dry teeth with the supplied brush using a painting motion on each tooth. Avoid excessive contact with soft tissue. It is not necessary to use all of the varnish provided. Use only enough varnish to form a thin coating on the desired treatment area.
- 5 To achieve the maximum benefit after application, please instruct the patient to follow the directions below.



3M Fast Release Varnish application method.



Patient Instructions

- Do not brush or floss your teeth, and eat only soft food for at least 4 hours after the treatment.
- Do not consume hot drinks or alcohol (including mouth rinses) for at least 4 hours after treatment.
- 3M Fast Release Varnish coating can be removed by brushing and flossing.

Properties

Relief of Dentinal Hypersensitivity

3M™ Fast Release Varnish creates a barrier that provides immediate and sustained occlusion of dentinal tubules. 3M Fast Release Varnish covers exposed dentin (Figures 1 and 2) and penetrates open dentin tubules (Figure 3). This penetration prevents the flow of fluid and the transmission of ions in the tubules, which results in a subsequent reduction in pain.

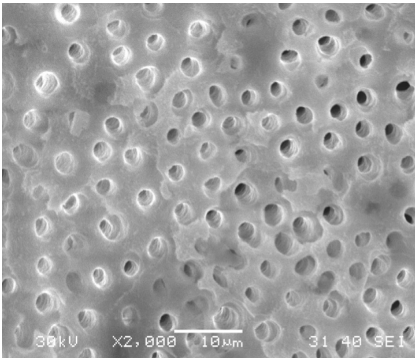


Figure 1

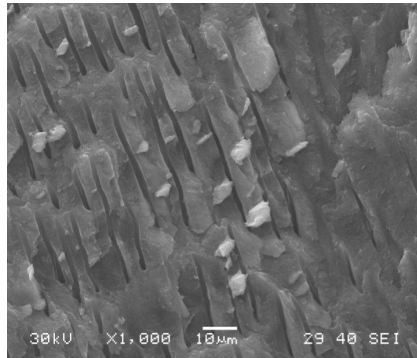


Figure 2

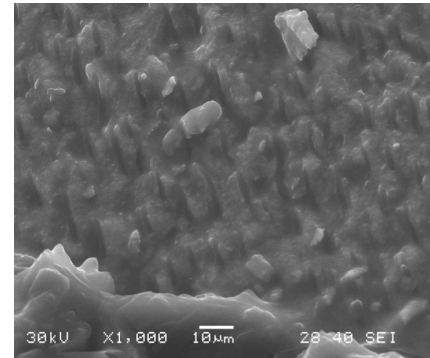
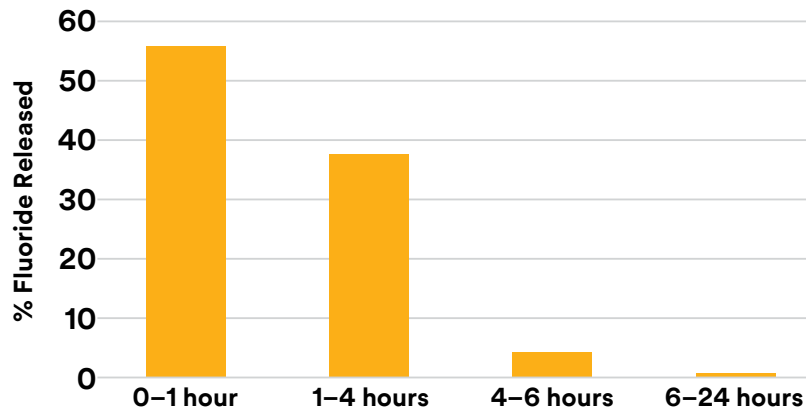


Figure 3

Fast Release

After 3M Fast Release Varnish is applied, the sodium fluoride is released as ions. Fluoride ions react with free calcium originating naturally in the mouth.¹ The fluoride ions and the available calcium ions combine to form insoluble globules of calcium fluoride that occlude exposed dentin tubules for sustained relief of tooth hypersensitivity.²

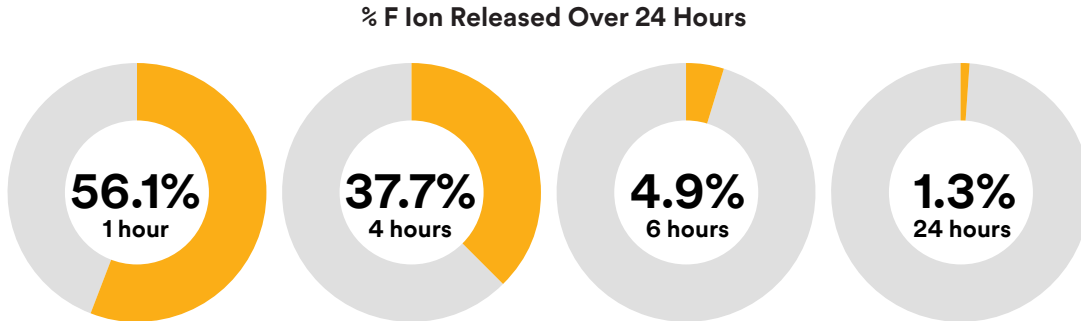
3M Fast Release Varnish Fluoride Release Profile



Performance

Fluoride Release

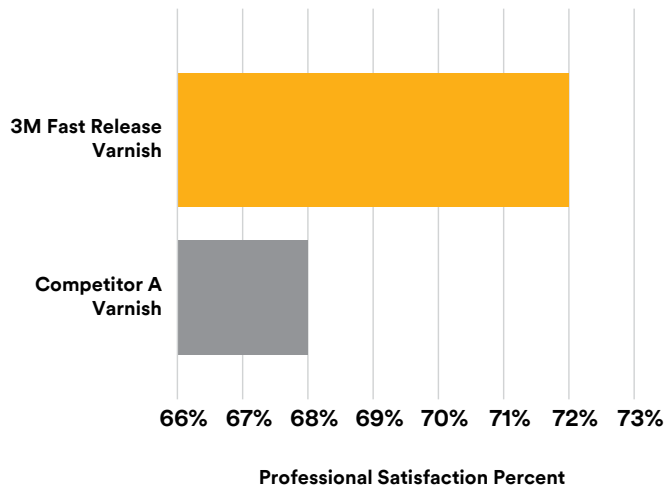
Laboratory testing demonstrates that 3M™ Fast Release Varnish releases most of its fluoride in the first 4 hours after application. As a clinician, you can take comfort in knowing your busy patients will be protected virtually immediately after they receive their in-office varnish application.



Professional Satisfaction

In a randomized, parallel design clinical study with dental professionals, 3M Fast Release Varnish had an overall user satisfaction rate of 72% with respect to measured attributes (package is easy to open, varnish is easy to dispense, varnish transfer to patient, varnish consistency and thickness, varnish ease and speed of application and varnish appearance).³

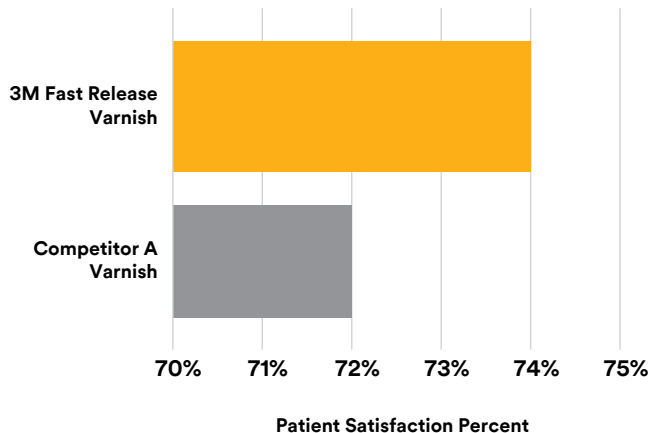
Professional Satisfaction of 3M Fast Release Varnish



Patient Satisfaction

In a randomized, parallel design clinical study with 150 patients, 3M Fast Release Varnish had an overall patient satisfaction rating of 74% with respect to taste, appearance, and feel on the teeth.³

Patient Satisfaction of 3M Fast Release Varnish



Frequently Asked Questions

What advantages does 3M™ Fast Release Varnish offer over other fluoride varnishes?

3M Fast Release Varnish contains 22,600 ppm fluoride and is sweetened with xylitol.

3M Fast Release Varnish is virtually invisible on the tooth. 3M Fast Release Varnish sets on contact with saliva and creates a smooth coating.

3M Fast Release Varnish's formula is ideal for less compliant patients who may require a shorter treatment time.

What is different about the application of 3M Fast Release Varnish?

3M Fast Release Varnish sets rapidly on contact with saliva and should be applied to clean, dry tooth surfaces. All treatment surfaces should be painted individually with the supplied applicator brush to assure proper fluoride contact on treatment surfaces.

How is 3M Fast Release Varnish packaged?

3M Fast Release Varnish is supplied in a single unit-dose tray to eliminate the problems of product separation that may occur in large, multi-dose containers. Unit-dose packaging also eliminates the chance of cross-contamination. You can be assured that each unit-dose contains the correct amount of fluoride. Use the applicator brush to thoroughly mix 3M Fast Release Varnish in the tray prior to application, as all sodium fluoride varnishes separate during storage.

How often should I apply 3M Fast Release Varnish?

Many dental professionals apply 3M Fast Release Varnish twice a year, but the product can be applied more frequently if needed. 3M Fast Release Varnish is safe to use four times per year for patients 6 years of age and older.

Will my patients notice 3M Fast Release Varnish on their teeth?

Patients may feel a thin coating of varnish on their teeth when rubbing the treated area with the tongue. Patients may see a thin coating when looking at the teeth, but for most patients, 3M Fast Release Varnish is virtually invisible and exhibits a smooth coating during treatment.

How long should my patients leave 3M Fast Release Varnish on their teeth?

The recommended treatment period for 3M Fast Release Varnish is 4 hours. In laboratory studies, 3M Fast Release Varnish releases the majority of its fluoride in the first 4 hours after application. Patients should refrain from brushing or flossing their teeth for 4 hours to achieve the maximum benefit.

Can patients undergoing orthodontic treatment use 3M Fast Release Varnish?

Patients undergoing orthodontic treatment with traditional metal brackets may use 3M Fast Release Varnish. Laboratory testing demonstrates that 3M Fast Release Varnish can be applied around orthodontic banding. Patients who use removable clear tray aligners should refrain from using 3M Fast Release Varnish, as the product will stick to aligners.

Can my patients eat after application of 3M Fast Release Varnish?

Patients can eat immediately after application of 3M Fast Release Varnish. They should avoid eating foods that are hard or sticky and drinking beverages that are hot or that contain alcohol. This includes the use of mouth rinses containing alcohol.

Should patients stop using fluoride rinses or supplements after application of 3M Fast Release Varnish?

Patients should not use prescriptive fluoride preparations such as gels or rinses for 24 hours after application of 3M Fast Release Varnish. Children who are taking fluoride supplements should discontinue use of these supplements for 2–3 days following treatment with 3M Fast Release Varnish.

Are there any contraindications to the use of 3M Fast Release Varnish?

As with other fluoride varnishes, 3M Fast Release Varnish should not be applied to patients with ulcerative gingivitis (ANUG) or stomatitis. Patients with a known allergy to colophony/rosin should avoid this product.

What is the best way to remove 3M Fast Release Varnish if it accidentally gets on my dental instruments or equipment?

A small amount of rubbing alcohol or alcohol-based hand sanitizer will remove the product from unwanted surfaces.

References

1. Humphrey, S.P., & Williamson, R.T. A review of saliva: Normal composition, flow, and function. *Journal of Prosthetic Dentistry*, 85(2), 162–169.
2. Gaffar, A. (1999). Treating hypersensitivity with fluoride varnish. *Compendium of Continuing Education in Dentistry*, 20(1 Suppl), 27–33.
3. Zehrer, C., Klaiber, P.R., Russell, V.A., Ekholm, B., Rusin, R.P., Brenner, C., Sievert, K., & Yang, M. (2017). Patient Perceptions of Three Fluoride Varnish Products. *Journal of Dental Research*, 96(Special Issue A), #2023.

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