

## WHY CONSIDER THE **ARM-ER** APPROACH?

**Assess** and identify the nature of the decay.

**Redefine** the status of the affected lesion and the ongoing effect that the silver fluoride has had on the tooth.

**Manage** the future of the tooth for the individual patient.

*With.....*

**Education**— the key to keeping your mouth and body in a health state. You probably know already that staying healthy is not 'one size fits all'?

*And then..*

**Review-Repeat- Restore-Rehabilitate-Re-establish**

Your dental practitioner will help you guide you in the course of care which is best suited for each tooth.

5 yr old. 1st visit –silver fluoride placed on active decay  
Visit 2– decay is no longer active and tooth easily filled.



Silver fluoride for prevention– assess and control early decay between teeth before a filling is needed.

After the caries (decay) is treated with silver fluoride, the affected goes black if the decay process is stopped,

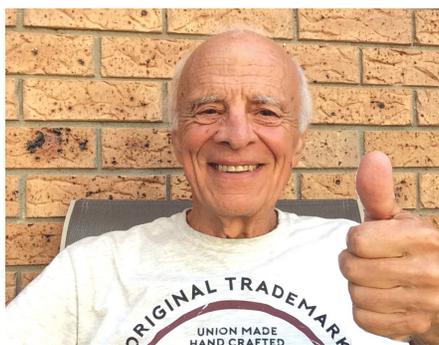
We call these

### **'Black Diamonds'**

These teeth may then be suitable for minimal intervention treatment.

Minimal invasive treatment is :

- ♦ readily acceptable
- ♦ less discomfort
- ♦ less extractions
- ♦ reduction in emergencies
- ♦ reduction in need for hospital admissions



## THE **ARM-ER**<sup>®</sup> APPROACH TO CARIES MANAGEMENT



**A**ssess  
**R**edefine  
**M**anage –  
**E**ducate and then  
**R**eview : **R**epeat : **R**estore:  
**R**ehabilitate : **R**e-establish

# USING SILVER FLUORIDES TO ASSESS AND REDEFINE CARIES – THEN CHOOSE THE MANAGEMENT PLAN!

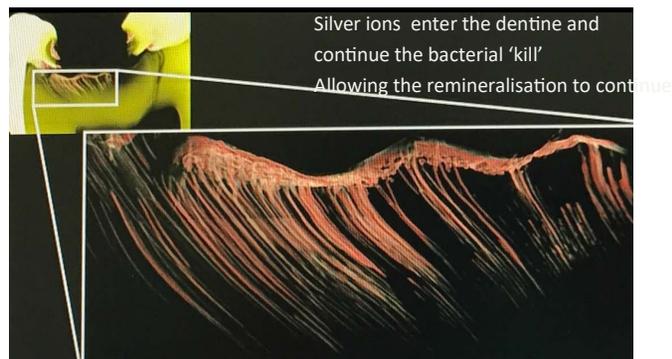
## silver ion = wrecking ball

### Antimicrobial:

- denatures *all* proteins.
- breaks cell walls & membranes.
- inhibits DNA replication.

### Strengthens dentin:

- protective layer formed by reaction with dentin proteins is acid resistant (Hill & Arnold, 1937).
- penetrates ~50µm.



The use of silver fluorides is effective in the following way:

- ◆ Caries status is assessed
- ◆ The lesion's status is redefined
- ◆ Bacterial control is established.
- ◆ Immediate improvement of oral health status is gained
- ◆ Remineralisation *and* desensitisation is expected as an ongoing effect of the silver fluoride application.

### *Then a management plan can be formulated -*

- ◆ Offering improved quality of care (with short and long term gains)
- ◆ Allowing time for management plan to be formulated to address individual patient needs.
- ◆ Is very cost effective so addresses patient's immediate needs and allows for future treatment planning.

### **'The ARM-ER® approach'**

- ⇒ Simple, painless and safe
- ⇒ Can be used for caries status management in patients of all ages.

### *The procedure:*

1. The affected area is dried.
2. A very small amount of silver fluoride (a clear and odourless solution) is placed on the affected area for 1-3 minutes and followed by a very small application of stannous fluoride. (also clear and odourless) The immediate reaction on active caries is that the area will blacken— 'Black Diamonds'
3. A 'holding' solution is applied (such as orobase paste or remineralising varnish)

The treated area of the tooth will turn a blackish colour but only the area of the tooth which was decayed will stain permanently.

The ***Black Diamond*** effect! 😊