

Duraphat vs. Extra Strength AimR in treating dentinal hypersensitivity.

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Duraphat (5% NaF varnish) is a caries prophylactic. Water tolerant, it adheres and hardens in saliva, providing intensive fluoridation in one application by swab or precision cartridge. Years of European Trials with thousands of children showed to be safe and effective with up to 75% caries inhibition. Marked dentinal desensitization was a consistent secondary benefit. The present study is its first FDA approved US trial treating dentinal hypersensitivity. Extra Strength AimR was chosen as an FI control. Sixty adults, presenting with moderate to severe hypersensitivity to thermal or abrasive challenge, volunteered. Subjects were assigned at random to either of two parallel groups in an open label, 30-day study. Duraphat was applied once to affected surfaces and patients returned to customary hygiene. ES AimR was patient-applied BID for 30 days. The Melzack/McGill Scale of Pain was administered: Clinic Visit 1, days 3, 7, 14 in home diary, and Clinic Visit 2 (30 days). Pain from heat, cold, touch and air was assessed. Challenges were measured in oF or subjective severity. Mann Whitney U showed both groups to be equal in hypersensitivity pretreatment. Friedman 2-way ANOVA for time effects indicated all categories of pain reduced after Duraphat maintaining for 30 days. (Heat P=0.24; Cold P=0.048; Touch P= 0.0004; Air P=0.0001). Touch pain reduced with ES AimR (P=0.039). Blood and urine F1 Tests were negative.