

## **White Spot Lesion (WSL): New Considerations and Clinical Implementation**

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### **Abstract:**

Despite the extensive research to explore predisposing risk factors to prevent, reverse, or stop the formation of WSL, this problem continues to be a significant concern for orthodontically treated cases. WSL presents a common aesthetic concern due to irreversibility, the cost for management, and a cause of disappointment for the orthodontist and, more importantly, the patient.

While many proposed methods exist to manage WSL, early detection remains the state-of-the-art practice. Therefore, documenting and quantifying WSL can be a beneficial tool for monitoring. The available methods of detecting WSL range from precise, invasive, and expensive to inexpensive but not user-friendly and time-consuming procedures. For busy clinicians, awareness of factors influencing WSL while implementing simple chairside documentation methods can help control or prevent WSL during Tx.

### **Objectives:**

- Research-based update of existing factors influencing WSL
- An emphasis on possible underestimated factors arising from ongoing research will be presented.
- A summary of implementing preexisting tools to allow clinicians to quantify and potentially educate patients to improve brushing techniques.