

## عنوان مقاله:

Effect of Chlorhexidine Containing Fluoride on Dental Plaque, Gingivitis, and Tooth Discoloration: A Randomized Clinical Trial

## محل انتشار:

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## نویسندگان:

Fatemeh Taghizadeh - Dental student, Dental Research Center, Golestan University of Medical Sciences, Gorgan, Iran

Elham Fakhari - Assistant Professor, Dental Research Center, Golestan University of Medical Sciences, Gorgan, Iran

## خلاصه مقاله:

**Background:** The combination of chlorhexidine (CHX) and fluoride is believed to enhance the effects of both constituent elements, and reduce their possible side effects. This study aimed to evaluate the effect of CHX containing sodium fluoride on dental plaque, gingival inflammation, and tooth discoloration. **Methods:** In this double-blind clinical study, 40 patients were selected and randomly divided into two groups. One group was given CHX 0.12%, and the other one was provided with sodium fluoride 0.05%-CHX 0.12% mouthwashes. Plaque index (PI), gingival index (GI), and discoloration index (DI) were measured at the beginning of the study and then after two weeks. Data were analyzed using chi-squared and independent t test. **Results:** PI and GI were significantly reduced in the group with CHX + sodium fluoride compared to the one with CHX ( $P < 0.001$ ); however, the difference between two groups in terms of DI was not statistically significant ( $P = 0.08$ ). Both groups showed complications, but their differences were not statistically significant ( $P = 0.5$ ). **Conclusions:** Mouth wash containing CHX + sodium fluoride was more effective in dental plaque control and gingival inflammation than the one only including CHX, although complications were not statistically significant between the two groups.

## کلمات کلیدی:

Chlorhexidine, Dental plaque, Gingivitis, Sodium fluoride, Tooth discoloration

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