

عنوان مقاله:

How many times is the optimum dental floss frequency in people with normal periodontium? A randomized controlled single blind clinical trial

محل انتشار:

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خلاصه مقاله:

BACKGROUND AND AIM: Due to the inadequate of a toothbrush in cleaning of interdental areas and further advanced developing of the disease in this area, dental flossing seems essential. However, the developing of people's using dental floss as a habit is difficult. The purpose of this paper is to determine the use of dental floss frequency in reducing plaque and the optimal dental floss daily use frequency in people with a healthy periodontium. **METHODS:** In this study, ۴۴ dental students of School of Dentistry, Kerman, Iran, with healthy periodontal or at most a few bleeding on probing (BOP) areas were investigated. Scaling and root planning was performed for all subjects at baseline as well as necessary trainings about how to use the toothbrush and dental floss were instructed. In terms of using dental floss frequency, participants were divided into four groups of ۲۲ each G_۱, G_۲, G_۳, and G_۴ which were meant to be used dental floss in every second day, a day, ۲ or ۳ times a day, respectively. At baseline, total plaque index (TPI), internal plaque index, and internal bleeding index were evaluated after ۳ and ۶ weeks. The collected data were analyzed by SPSS, statistical tests ANOVA, and paired t-test. **RESULTS:** In this study, there was a significant reduction in plaque index after ۶ weeks ($P < .05$) however there was no significant difference between groups in terms of the interdental bleeding index (IBI). **CONCLUSION:** According to the results of this study, if a person with normal periodontal tissues uses the toothbrush and dental floss properly, using dental floss in every other day is sufficient to maintain the gingival healthy.

کلمات کلیدی:

Plaque Index, Bleeding Index, Gingivitis, Dental Floss

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