

**“EFFECTIVENESS OF MOUTHRINSING OVER NIGHT BRUSHING ON
PLAQUE AND GINGIVITIS” - A RANDOMIZED CLINICAL STUDY**

By

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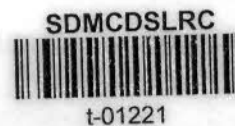
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ABSTRACT

Introduction: Twice a day tooth brushing is proved to be the most effective way for preventing gingival or periodontal diseases. Mouth rinses are also one of the safest and effective methods in preventing gingivitis. Even though it is known that twice a day tooth brushing is better, people do not practice it, usually at night. **Aim:** The present study was conducted to evaluate the

effectiveness of morning brushing and night mouth rinsing with that of two times tooth brushing in terms of plaque and gingivitis reduction.

Methodology: This randomized, examiner blind, parallel 2-cell study was conducted among 76 adult subjects, 20-49 years of age, over a period of one month at 15 days interval. Gingival and plaque scores were recorded at each visit using Loe and Silness Gingival index and Turesky, Gilmore, Glickman modification of Quigley Hein plaque index respectively. After a week of washout period, on the day of baseline visit study subjects were randomly allocated into 2 groups: **Group 1:** twice a day tooth brushing group and **Group 2:** once a day tooth brushing (in the morning) and night mouth rinsing group based on their baseline gingival score. Respective products i.e., Colgate MaxFresh toothpaste and a medium bristled Colgate tooth brush, also group 2 received chlorine dioxide mouthrinse (Freshchlor) were provided to all the subjects, who were subsequently recalled after 15 days and 1 month for gingival and plaque examinations using the above mentioned indices.

Results: At the end of 1 month, the overall percentage reduction in gingivitis and plaque in twice a day tooth brushing group was **39.1%** and **28.23%** respectively compared to which, the night mouth rinsing group contributed to

32.14% of gingivitis and **22.88%** of plaque reduction. The difference was statistically significant ($P<0.05$). **Conclusion:** The findings suggest that tooth brushing at night cannot be replaced by mouth rinsing. But if people do not brush at night, if they practice mouth rinsing then it will be more effective than not brushing

Key words: Plaque, Gingivitis, Night mouth rinsing, Tooth brushing