

Abstract:

The Assessment of Effect of Commercial Chlorhexidine and Conventional Tooth Flosses on Gingivitis Reduction: Randomized Clinical Trial.

Introduction: Flossing has been accepted as an effective method to remove interdental plaque. In the current market, there are various forms of chlorhexidine floss, however, there is little clinical information about the effectiveness of chlorhexidine floss on gingivitis reduction. Therefore, the present study was conducted with the aim of investigating the effect of commercial chlorhexidine dental floss and regular dental floss in reducing gingivitis: a randomized clinical trial.

Materials and Methods: This study was conducted as a split mouth (intraindividual cross arch) clinical trial. In this way, 48 dental students who were willing to cooperate were included in the study as available sampling. At the end of the second week, the patient was reminded of the instructions. The condition of PI, GI, BOP and PD index was evaluated at the end of the second, fourth and eighth week and information about each patient was recorded. The collected data were analyzed using Mixed Method Anova test with Spss version 21 software at an error level of less than 5%.

Results: The results showed that the index of PI, GI, BOP and PD in four times (beginning, two weeks, one month and two months) is statistically significant ($P < 0.05$), so that the indices of PI, GI and BOP in the next two months was less and significant compared to one month and two weeks, but the PD index increased with increasing time. There was a significant difference in the PI index based on ordinary dental floss and chlorhexidine ($P < 0.05$), so that the average PI index in chlorhexidine dental floss was lower than that of ordinary dental floss, but there was not significant difference in the GI, BOP and PD indices ($P > 0.05$).

Conclusion: Overall, the current study showed that in terms of GI, BOP and PD, chlorhexidine dental floss is not superior to normal dental floss, but the PI index of chlorhexidine dental floss was relatively superior.

Key words: dental plaque, gingivitis, dental floss, chlorhexidine.