

## مقایسه اثرات دهان شویه کلرهگزیدین و پرسیکا بر روی وضعیت پرئودنشیوم بیماران ارتدنیسی ثابت

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**Title:** Comparing the effect of Chlorhexidine and Persica mouthrinses on periodontal status of fixed orthodontic patients

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**Introduction:**

Since maintaining good oral hygiene in fixed orthodontic patients is more difficult compared to normal individuals more serious methods for plaque control is needed. One way to improve oral hygiene and gingival health is chemical plaque elimination by means of mouthrinses. The aim of this study was to compare the effects chlorhexidine and Persica mouthrinses on periodontal status of patients undergoing fixed orthodontic treatment.

**Materials & Methods:**

38 cases with the mean age of 14.2 years were selected among the patients who were referred to Mashhad Dental School for orthodontic treatment. 14 patients were eliminated for different reasons. In all patients before and three months after bonding orthodontic attachments gingival index, gingival bleeding index and mean pocket depth were measured. Then the patients were divided into three groups: for the first group chlorhexidine and for the second group Persica was prescribed. The third group did not receive any mouthrinse and was mentioned as control group. 30 days after using mouthrinses all of the indices were measured for the third time. SPSS software was used for data analysis and after confirming normal distribution of these data, paired t-test and ANOVA with 95% confidence interval were used.

**Results:**

Gingival index, plaque index and mean pocket depth showed significant increase after beginning orthodontic treatment. Gingival index had a significant reduction in all groups after prescribing mouthrinses but this reduction was not significant between three groups. Mean pocket depth in chlorhexidine group and gingival bleeding index in Persica group had significant reduction. Plaque index did not show significant reduction in any of three groups.

**Conclusion:**

Most of the indices show significant increase after bonding of fixed orthodontic appliances. This emphasizes the need for more serious methods of oral hygiene control during orthodontic treatment. Since plaque index and gingival index did not show significant decrease in patients using chlorhexidine or Persica mouthrinses in comparison to control group it is concluded that correct tooth brushing and flossing are the main factors in plaque elimination and gingival health and mouthrinses could be used as an adjunctive.

**Key words:**

Mouthrinse, chlorhexidine, persica, fixed orthodontics.

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