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CLINICAL RESEARCH

Oral Hygiene Status: The Critical Parameter in Orthodontic Patients

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ABSTRACT

AIM

The aim of this study was to evaluate the oral hygiene status of patients with fixed mechanotherapy appliances.

METHODS AND MATERIALS

The following indices were used to evaluate the oral hygiene status of patients in orthodontic treatment: Gingival Bleeding Index (GBI), Plaque index (PI), and OrthoPlaque Index (OPI) at three intervals. T0 (day 1), T1 (15 days), T2 (30 days) for a period of one month.

RESULTS

10 patients (15 years - 30 years old) were selected for the study from among the orthodontic patients treated at department of orthodontics &dentofacial Orthopedics, AIDSR, Adesh university. Results showed that the mean PI decreased significantly from T0 to T1 & then from T1 to T2, GI decreased significantly from T0 to T1, but then, no significant difference could be found in GI from T1 to T2, OPI decreased significantly from T0 to T1, but then, no significant difference could be found in OPI from T1 to T2. No significant difference was observed between male and female patients for the PI, GI, OPI.

CONCLUSION

Inadequate oral home care among orthodontic patients may increase their risk of gingivitis during treatment. As a result, oral hygiene instructions and a hygiene maintenance programme must not be overlooked during orthodontic treatment.

KEYWORDS

Oral hygiene; Fixed orthodontic mechanotherapy; Gingivitis

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