

‘A randomized clinical trial on the short-term clinical and microbiological effects of the adjunctive use of a 0.05% chlorhexidine mouth rinse for patients in supportive periodontal care ’

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AIM

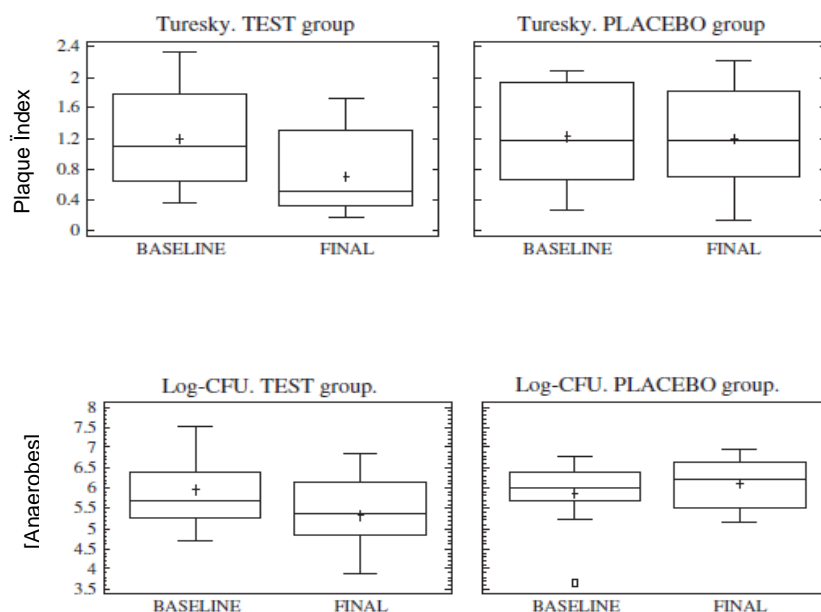
To evaluate the clinical and microbiological activity of a new mouth rinse formulation, used as an adjunct to oral hygiene, for patients in supportive periodontal care.

MATERIAL & METHODS

This was a randomized, placebo-controlled clinical trial with two groups: test group, rinsing twice per day with the test product (with 0.05% chlorhexidine and 0.05% cetylpyridinium chloride); and control group, rinsing with a placebo. Treated chronic periodontitis patients were included, and two visits were rendered, baseline, and after 15 days. Clinical outcome variables included plaque and gingival indices, and probing pocket depth. Subgingival samples were processed by culturing. Patient-based variables and adverse effects were also assessed. Outcome variables were compared by t-test, chi-squared test, and Mann–Whitney test.

RESULTS

The results belonged to 33 patients. Plaque and gingival indices, and the log of bacterial total counts were reduced in the test group ($p \leq 0.01$), but differences between groups were only statistically significant ($p < 0.05$) for plaque and bacterial counts. A significant reduction in the proportions of flora ($p < 0.05$) and frequency of detection ($p = 0.01$) of *Porphyromonas gingivalis* was observed in the test group.



CONCLUSIONS

The newly formulated mouth rinse demonstrated short-term plaque inhibitory activity. This was associated with a reduction in the total load of anaerobic subgingival microbiota.

PRACTICAL IMPLICATIONS

This study demonstrated that the newly formulated mouth rinse had short-term plaque-inhibitory activity. This was associated with a reduction in the total load of anaerobic subgingival microbiota