

Periodontal Maintenance Patients

Effectiveness of Adjunctive Irrigation in Early Periodontitis: Multi-Center Evaluation.

Newman, MG, Cattabriga M, Etienne D, Flemmig T, Sanz M, Korman K, Doherty F, Moore, D and Ross C. *J Periodontol* 1994; 65:224-229

Objectives

To determine the effectiveness of daily water irrigation versus regular oral hygiene alone on gingival and periodontal health in periodontitis patients receiving supportive periodontal therapy.

Design

Examiner blind; randomized, multicenter, 6 month clinical study

Methodology

One hundred and fifty five (155) typical periodontal maintenance patients who have had periodontal disease and been treated either surgically or non-surgically were entered into the study. Entrance criteria included having at least one tooth in two quadrants with bleeding on probing and probing depths of at least 5 mm. Periodontal therapy must have been completed at least 3 months prior.

All patients received a scaling and root planing at baseline. Each was then assigned to one of three groups. Mouth rinsing was not permitted during the study.

- Regular uninstructed oral hygiene alone
- Once daily irrigation (Waterpik® oral cleaning system) with water in addition to regular oral hygiene
- Once daily irrigation (Waterpik® oral cleaning system) with water followed by irrigation with 0.57% zinc sulfate solution

Results:

- **Plaque index:** No significant differences between the groups
- **Gingival Index (GI):** Irrigation with water was significantly better than both regular oral hygiene and zinc sulfate in reducing inflammation
- **Bleeding on probing (BOP):** Water irrigation was significantly better than regular oral hygiene at reducing BOP
- **Probing depth (PD):** Water irrigation demonstrated a small but statistically significant reduction in probing compared to normal oral hygiene
- **Recession:** There were no differences between the groups

Clinical Implications:

This study demonstrates that supragingival irrigation with water in periodontal maintenance patients provided additional beneficial outcomes over normal oral hygiene alone. These results were especially evident with gingivitis and bleeding upon probing.

Mean Clinical Reductions - 6 Month Results

