

Soft-Rubber-Interdental-Cleaner compared to an Interdental Brush on Dental Plaque/ Gingivitis/ Gingival Abrasion Scores



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► Aim

To determine the effectiveness of a rubber bristles interdental cleaner (RIBC) as compared to an interdental brush (IDB) on, gingivitis (bleeding on marginal probing (BOMP)), dental plaque (Q&H) and gingival abrasion scores (GAS) in a group of systemically healthy participants without periodontitis. Furthermore participants' attitudes were evaluated towards these devices.

► Material and Methods

Study design

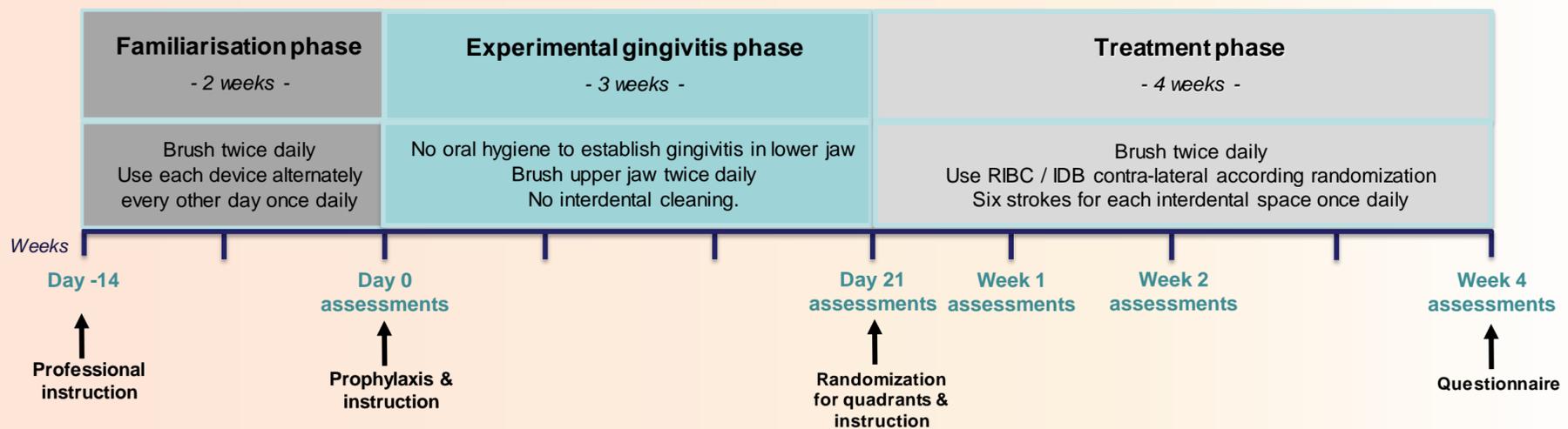
Parallel, examiner-blind, randomized, split-mouth design evaluating the healing of experimentally induced gingivitis (Van der Weijden et al. 1998).

Subjects

42 Systemically healthy, right-handed, un-experienced using interdental cleaning devices, subjects were recruited

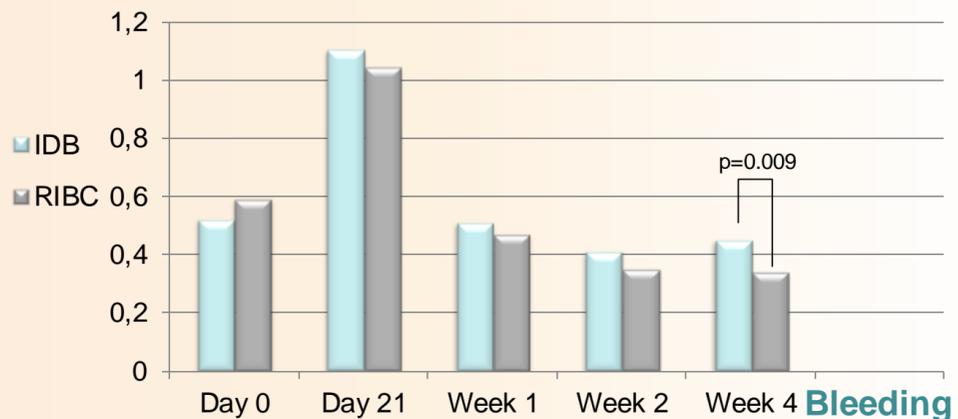
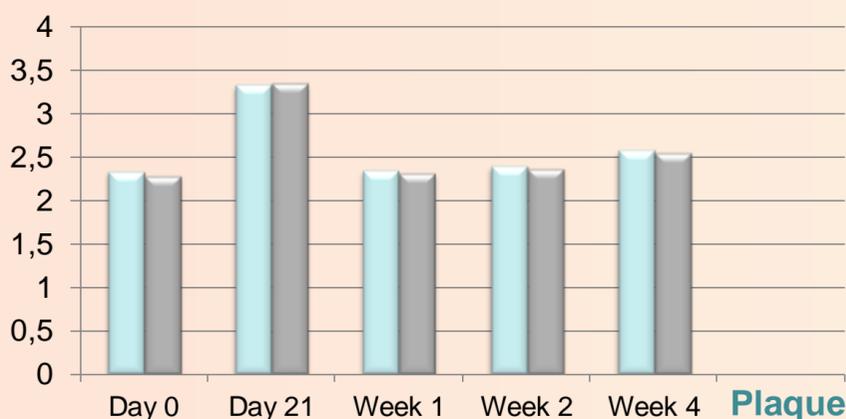
Test devices

- Rubber bristles interdental cleaner
- Interdental brush ISO size 1 = Ø 0.7mm



► Results

After experimentally induced gingivitis (EIG) the use of both interdental devices resulted in a significant decrease of bleeding scores and plaque scores (analyzing the sites at which the interdental devices were used). The BOMP score reduced for IDB from 1.10 to 0.45 and for RIBC from 1.04 to 0.34. Only at 4-weeks there was a difference between the two products ($p=0.009$). For Q&H the IDB reduced from 3.32 to 2.57 and RIBC from 3.34 to 2.55 which was not significant between the devices. The mean GAS was 0.26 for the IDB and 0.22 for the RIBC at the end of the treatment phase.



► Conclusion

When used in combination with toothbrushing there were no statistically significant differences between the 2 interdental devices in reducing plaque and gingival inflammation. Less gingival abrasions occur with the RIBC and participants without any previous experience of interdental cleaning considered the RIBC to be more pleasant to use.

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Declaration of conflict of interest: The authors declare that they have no conflict of interest. Prof. G.A. Van der Weijden is the owner of Jardin B.V. which is the owner of www.ragershop.com, a web-shop for various brands of interdental brushes.

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