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## Does Sonicare Tooth Brushing Change The Oral Hygiene During Orthodontic Treatment?

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**Objective:** To evaluate the effectiveness of tooth brushing during orthodontic treatment with fixed appliances using the Sonicare tooth brush system.

**Method:** Twenty-five patients aged 12 to 22 years were selected for this study and instructed in the use of the Sonicare tooth brush system. The participants were asked to brush each morning and evening for at least two minutes. They were permitted to use interdental toothbrush and dental floss. Plaque scores and gingival health indices were evaluated by two assessors at the start of tooth-brushing with the ultrasonic toothbrush, after 30-days, and after a six months' period, which marked the end of the study. At the time of examination, participants also received a questionnaire that sought information on their use of and experience with the Sonicare tooth brush.

**Results:** Plaque score and gingival indices showed improvements in oral health following the use of the Sonicare tooth brush. At the first examination, most of the patients were satisfied with the results, but only 20 percent demonstrated ability to clean all surfaces of the of their teeth. Reinforcement of instruction and motivation was necessary during the entire study period.

**Conclusion:** Sonicare toothbrush was shown to be effective in reducing levels of plaque and gingivitis. No orthodontic brackets were lost due to tooth-brushing. The Sonicare tooth brush can be recommended for use in children with fixed orthodontic appliances. In order to achieve best results, it is also advisable to use an inter-dental toothbrush and dental floss.

### Biography

She was PhD student 28 years from Semmelweis University and had also postdoctoral studies from Semmelweis Medical University. She is chief medical officer and deputy head in Department of Orthodontics and Orofacial Orthopaedics Heim Pál Children's Hospital, Budapest, Hungary. She is member of Hungarian Dental Association, Dental Section of the Hungarian Medical Chamber.

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