

ABSTRACT

The present study was carried out to assess the effect of oral hygiene instructions and professional prophylaxis on gingival health in school children. 185, 11-12 years old school children participated in this study. Prior to the professional prophylaxis and oral hygiene instructions all children were examined to determine their gingival status at baseline. A questionnaire was also administered to check their knowledge and the practices regarding gingival health. Following this baseline examination the children were randomly allocated into three treatment groups: a control group that received no instructions and prophylaxis, a group that received oral hygiene instructions only and a group that received both oral hygiene instructions and professional prophylaxis. The effects of treatment were measured 2 weeks, 2 months and 3 months after the baseline examination. The effect of oral hygiene instructions alone was small but lasted until the first month. The oral hygiene instructions plus professional prophylaxis resulted in the clearest improvement, which was still present after three months. It can be concluded that any single treatment should at least consist of oral hygiene instructions plus a professional prophylaxis.