

# Perbedaan indeks plak pada penggunaan sikat gigi ortodonti dan sikat gigi konvensional pada pasien perawatan ortodonti cekat penelitian klinis di RSKGM-P FKG UI = Plaque index differences in the use of orthodontic toothbrush and conventional toothbrush in patients with fixed orthodontic appliances clinical research in RSKGM-P FKG UI

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## Abstrak

[Latar Belakang: Kebersihan mulut yang baik dibutuhkan oleh pasien yang dirawat dengan alat ortodonti cekat, karena adanya alat-alat ortodonti seperti brackets, arch wire, bands, ligatures dan auxillaries dapat memudahkan plak dan debris terkumpul di sekitarnya. Salah satu cara kontrol plak gigi yang paling umum ialah dengan menyikat gigi. Tujuan: Menganalisis perbedaan indeks plak antara penggunaan sikat gigi ortodonti dan sikat gigi konvensional pada pasien yang dirawat dengan alat ortodonti cekat. Metode: Pada penelitian eksperimental klinis ini, 32 (tiga puluh dua) subjek yang dibagi secara acak ke dalam dua kelompok yaitu kelompok sikat gigi ortodonti dan kelompok sikat gigi konvensional. Subjek diberikan pasta gigi yang sama dan diinstruksikan untuk menyikat gigi dua kali sehari dengan metode Bass selama dua menit. Skor Indeks Plak diukur sebelum dan sesudah penggunaan sikat gigi selama tiga minggu berturut-turut. Hasil: Hasil uji Mann-Whitney menyimpulkan tidak terdapat perbedaan bermakna secara statistik antara penggunaan sikat gigi ortodonti dan sikat gigi konvensional pada pasien perawatan ortodonti cekat ( $p>0,05$ ). Kesimpulan: Penggunaan sikat gigi ortodonti maupun sikat gigi konvensional sama-sama efektif menurunkan indeks plak pada pasien yang dirawat dengan alat ortodonti cekat, Background: Patients with fixed orthodontic appliances need to maintain good oral

hygiene because the presence of orthodontic appliances such as brackets, arch wire, bands, ligatures and auxillaries can facilitate plaque and debris accumulation around those sites. The most common way to control dental plaque is by toothbrushing.

Aim: To analyze plaque index differences between the use of orthodontic toothbrush and conventional toothbrush in patients with fixed orthodontic treatment. Method: In this clinical experimental study, thirty two subjects were randomly divided into two groups which are orthodontic toothbrush group and conventional toothbrush group. Subjects were given the same toothpaste and instructed to brush their teeth twice a day with Bass method for two minutes. Plaque index scores were measured before and after three consecutive weeks of toothbrush usage. Result: The results of Mann-Whitney test concludes that there is no statistically significant difference between the use of orthodontic toothbrush and conventional toothbrush in patients with fixed orthodontic appliances ( $p>0,05$ ). Conclusion: The use of orthodontic toothbrush and conventional toothbrush equally effective to decrease plaque index in patients with

fixed orthodontic appliances]