

# Perbedaan penggunaan pasta gigi cetylperydinium chloride dengan kombinasi pasta gigi dan obat kumur cetylperydinium chloride terhadap kesehatan rongga mulut pasien ortodonti = Difference of cetylperydinium chloride toothpaste usage and cetylperydinium chloride toothpaste and mouthrinse combined usage in orthodontic patients oral health

Citra Lestari Yuwono, author

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## Abstrak

Latar belakang: Penggunaan alat ortodonti dikatakan dapat mempersulit prosedur membersihkan gigi sehingga dapat menurunkan kesehatan rongga mulut. Untuk mengatasi hal tersebut, kontrol plak kimiawi lewat penggunaan obat kumur berbahan antimikroba dikatakan dapat memberikan hasil yang lebih superior. Akan tetapi mengingat minimnya penggunaan obat kumur pada masyarakat umum, pasta gigi berbahan antimikroba seperti cetylperydinium chloride (CPC) pun dikembangkan.

Tujuan: Membandingkan efektivitas penggunaan pasta gigi CPC dan kombinasi pasta gigi dan obat kumur CPC pada pasien ortodonti.

Metode: Penelitian randomized, single blind clinical trial dilakukan dengan membagi 63 subjek penelitian menjadi kelompok pasta gigi CPC (kelompok A) dan kombinasi pasta gigi dan obat kumur CPC (kelompok B). Oral profilaksis dilakukan dua minggu sebelum pemeriksaan pertama (T0). Pemeriksaan ke dua (T1) dan ke tiga (T2) dilakukan tiga dan sembilan minggu paska penggunaan. Pemeriksaan meliputi pemeriksaan klinis (indeks gingiva/GI, indeks perdarahan gingiva saat probing/BOMP, dan indeks plak/PI) dan mikrobiologis (jumlah total bakteri plak lewat RT-PCR).

Hasil: Ke dua kelompok menunjukkan tidak terdapat perbedaan baik pada T0, T1, dan T2 baik secara klinis maupun mikrobiologis.

Kesimpulan: Penggunaan pasta gigi CPC berhasil menunjukkan efektivitas yang setara dengan penggunaan kombinasi pasta gigi dan obat kumur CPC.

.....Background: Fixed orthodontic appliances may hinder oral hygiene procedures, leading to aggravated overall oral health. Thus, chemical plaque control through the use of mouthrinse containing antimicrobial agents may give better results. Unfortunately, the use of mouthrinse as chemical plaque control is not used as a daily oral hygiene routine in majority. Therefore, toothpaste containing antimicrobial agents, such as cetylperydinium chloride (CPC), was developed to assist chemical plaque control.

Aims: To study and compare the effectiveness between CPC toothpaste and combination of CPC toothpaste and mouthrinse usage in orthodontic patients.

Methods: A randomized, single blind clinical trial was conducted on 63 subjects wearing orthodontic appliances, divided into CPC toothpaste group (group A) and combination of CPC toothpaste and mouthrinse group (group B). Oral prophylaxis was done two weeks prior first examination (T0). Second (T1) and third (T2) examinations were carried out after three and nine weeks of usage. Both clinical examination (gingival index/GI, bleeding on marginal probing/BOMP, and plaque index/PI) and microbiological examination (total bacterial count thorough RT-PCR) were done in each examinations.

Results: There were no statistically significant differences found between groups either at T0, T1, or T2 both

clinically or microbiologically.

Conclusion: CPC toothpaste usage successfully showed an equal effectiveness compared to combination of CPC toothpaste and mouthrinse usage.