

# Efektivitas Chip dan Gel Klorheksidin pada Pasien Periodontitis setelah Skeling dan Penghalusan Akar: Tinjauan Sistematis dan Meta-Analisis = Effectiveness of Chlorhexidine Gels and Chips in Periodontitis Patients after Scaling and Root Planing: A Systematic Review and Meta-Analysis

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## Abstrak

Latar Belakang: Poket periodontal merupakan karakteristik periodontitis. Scaling dan root planing merupakan standar emas untuk perawatan periodontitis. Antimikroba lokal tambahan direkomendasikan pada pasien dengan kedalaman probing 5 mm.

Tujuan: Untuk mengetahui efektivitas klorheksidin dibandingkan dengan antimikroba lokal lainnya pada periodontitis.

Metode: Pencarian dilakukan dengan menggunakan panduan Preferred Reporting Items for Systematic Review and Meta Analysis (PRISMA). Meta-analisis dilakukan pada studi yang memenuhi kriteria inklusi setelah penilaian risiko bias.

Hasil: Meta-analisis antara chip klorheksidin dan antimikroba lain menunjukkan perbedaan rata-rata kedalaman probing setelah satu bulan sebesar 0,58 mm ( $p < 0,00001$ ) sedangkan setelah tiga bulan perbedaan rata-rata kedalaman probing adalah 0,50 mm ( $p = 0,001$ ), indeks plak 0,01 ( $p = 0,94$ ) dan indeks gingiva -0,11 mm ( $p = 0,02$ ). Antara gel chlorhexidine dan antimikroba lainnya menunjukkan perbedaan rata-rata kedalaman probing 0,40 mm ( $p = 0,30$ ), indeks plak 0,20 mm ( $p = 0,0008$ ) dan indeks gingiva -0,04 mm ( $p = 0,83$ ) setelah satu bulan.

Kesimpulan: Chip klorheksidin lebih efektif pada indeks gingiva dibandingkan antimikroba lainnya setelah tiga bulan. Antimikroba lainnya lebih efektif daripada chip klorheksidin pada kedalaman probing setelah satu dan tiga bulan, dan dari gel klorheksidin pada indeks plak setelah satu bulan.

.....Background: Periodontal pockets are characteristic of periodontitis. Scaling and root planing is the gold standard for periodontitis treatment. Additional local antimicrobials are recommended in patients with a probing depth of 5 mm.

Objective: To determine the effectiveness of chlorhexidine compared to other local antimicrobials in periodontitis.

Method: Searches were conducted using the Preferred Reporting Items for Systematic Reviews and Meta Analysis (PRISMA) guidelines. Meta-analysis was performed on studies that met inclusion criteria after risk of bias assessment.

Results: Meta-analysis between chlorhexidine chips and other antimicrobials showed a mean difference in probing depth after one month of 0.58 mm ( $p < 0.00001$ ) whereas after three months the mean difference in probing depth was 0.50 mm ( $p = 0.001$ ), index plaque 0.01 ( $p = 0.94$ ) and gingival index -0.11 mm ( $p = 0.02$ ). Between chlorhexidine gel and other antimicrobials showed a mean difference in probing depth of 0.40 mm ( $p = 0.30$ ), plaque index of 0.20 mm ( $p = 0.0008$ ) and gingival index of -0.04 mm ( $p = 0.83$ ) after one month.

Conclusion: Chlorhexidine chips were more effective on the gingival index than other antimicrobials after three months. The other antimicrobials were more effective than chlorhexidine chips on probing depth after

one and three months, and than chlorhexidine gels on plaque index after one month.