



# Using of additional supplements for oral hygiene

*Ivana Ristova, Petrovski Mihajlo, Bojcovska Ivana, Kocovski Darko*

Removing the dental plaque is the most important part of the oral hygiene. Except of using dental brush and tooth paste there are a lot of other additional supplements for adequate oral hygiene such as: **interdental brushes, dental floss and mouthwash solutions.**



## AIM

The aim of this research was to assess the usage of these additional supplements among the students of dental medicine.



## Material and methods

For reaching the aim was made a questionnaire with adequate questions. The questionnaire was answered by total number of 137 students on dental medicine.



## Results

After processing the results showed that

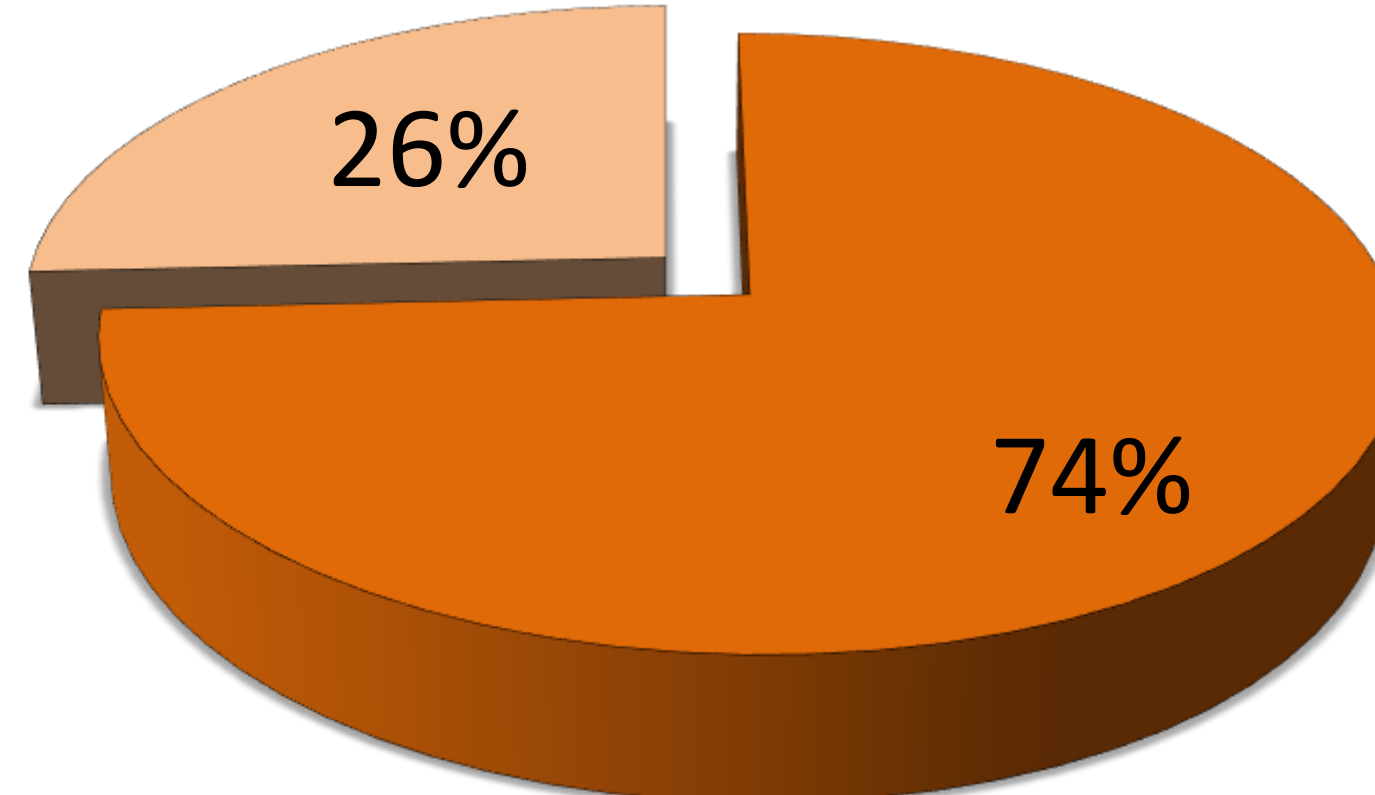
- 74.25 % from the student use additional supplements
- 66.26% use dental floss,
- 16.12% of them use interdental brushes
- 8.2 % use both of them.
- 67.64 % from the students uses mouthwash solutions, most of them non-alcoholic.,



Most of the students that use mouthwash solution also use interdental brushes or dental floss.

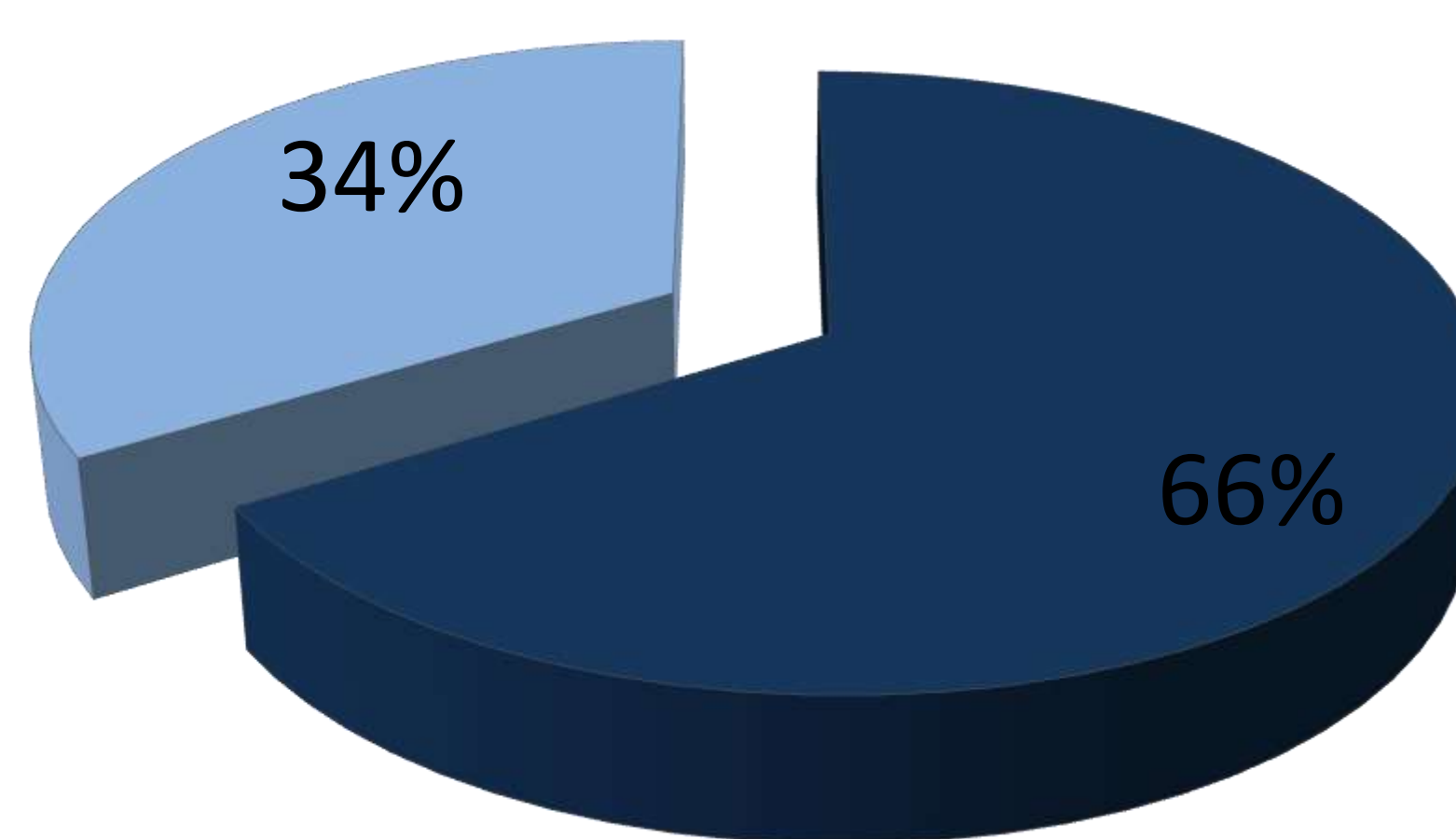
### Using of additional supplements for oral hygiene

■ use ■ don't use



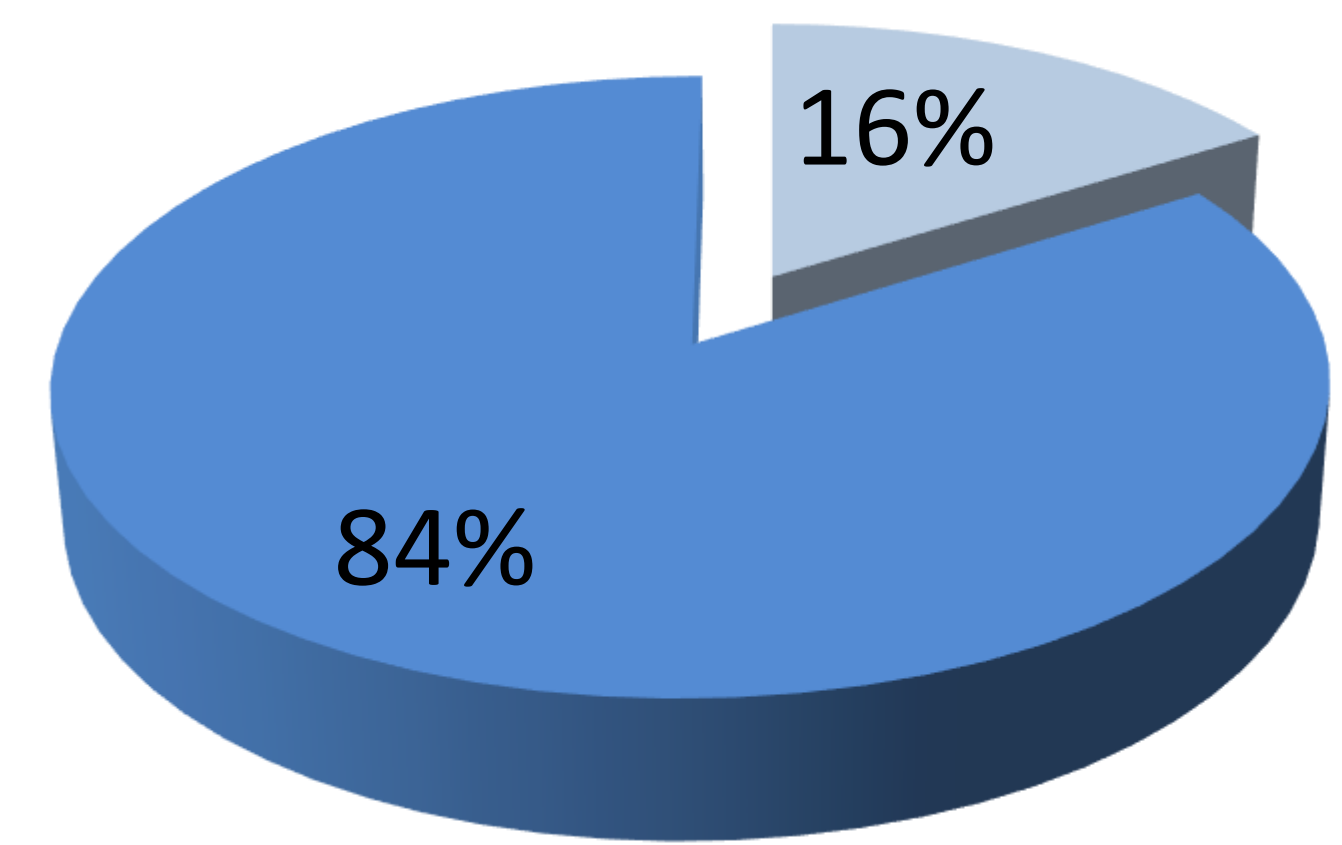
### Dental floss

■ use ■ don't use



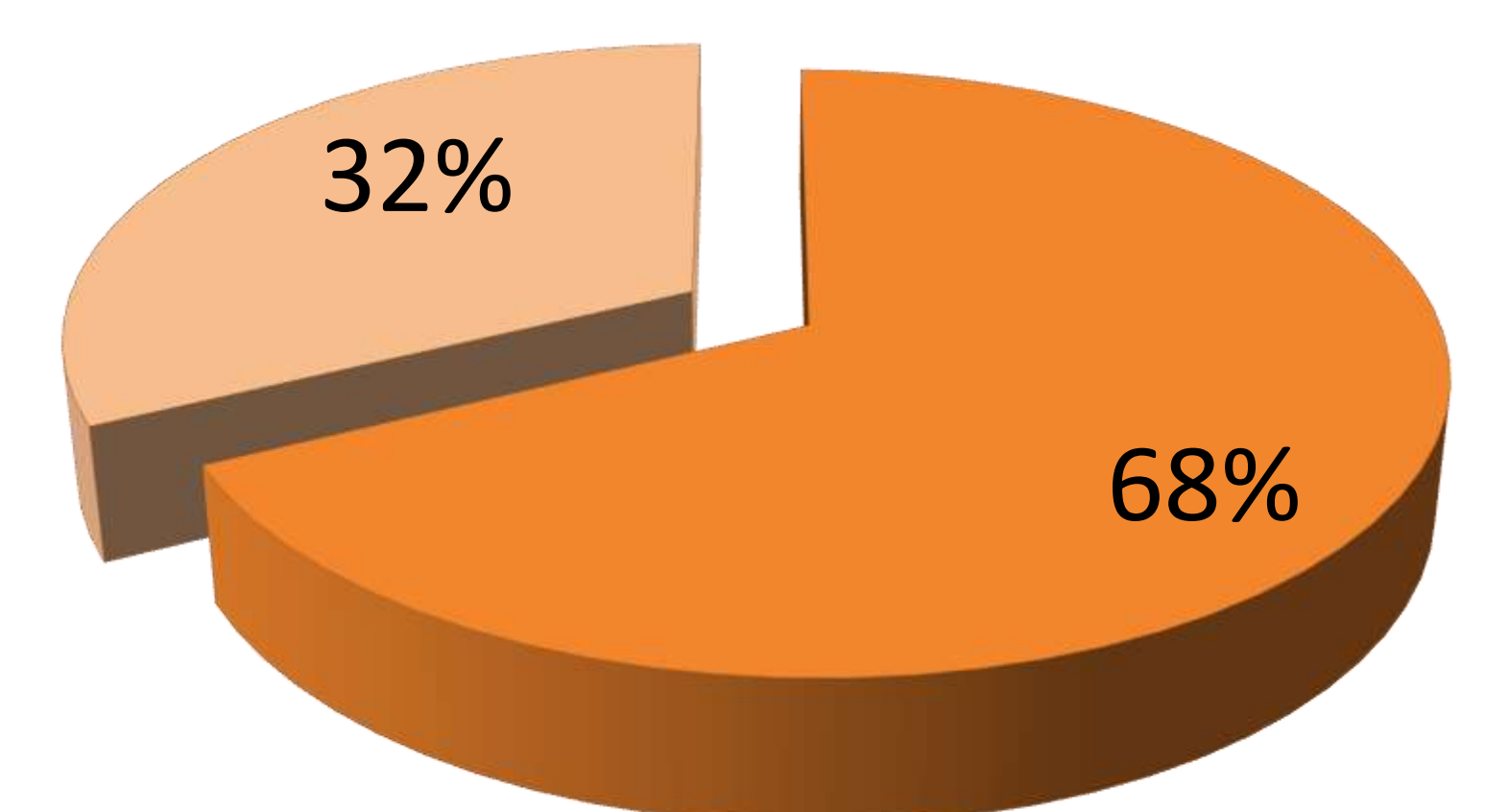
### Interdental brush

■ use ■ don't use



### Mouthwash solutions

■ use ■ don't use



## Conclusion

We can conclude that more than a two-third of the students use additional supplements for maintaining adequate oral hygiene. That is very important because most of them will be dental professionals in future, so they can help in education of the patients for maintain adequate oral hygiene. But the low percentage of students that use interdental brushes has to be improved.

