

GOCE DELCEV UNIVERSITY, STIP  
FACULTY OF MEDICAL SCIENCES

First International Students' Symposium of Faculty of Medical  
Sciences

CELEBRATING ACHIEVEMENTS IN MEDICINE, PROMOTING  
HEALTH AND SHARING KNOWLEDGE

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## **Using of additional supplements for oral hygiene**

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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.

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

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

After processing, the results showed that 74.25% from the students use additional supplements. Most of them, 66.26% use dental floss, 16.12% of them use interdental brushes, and just 8.2% use both of them. 67.64% from the students uses mouthwash solutions, most of them non-alcoholic. Also, most of the students that use mouthwash solution also use interdental brushes or dental floss.

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.

**Keywords:** brushes, dental students, oral health, oral hygiene.