



PERIODONTAL INDEXES AMONG PATIENTS WITH ORTHODONTIC RETAINERS

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Fixed retainers are most commonly used to stabilize dental elements after orthodontic treatment. The main advantage of the mandibular fixed intercanine retainer compared with the removable retainer is that they are invisible, are well-tolerated by patients and as such are virtually compliance free. There is very limited information on the periodontal effects of long-term mandibular lingual fixed retention. The impacts they give to the periodontal tissues are numerous.

AIM

The main aim of this study was to make short-term assessment periodontal tissue health status of lower incisors of patients with fixed mandibular retainers.

MATERIAL AND METHOD

Total number of examined subjects were 40 20 male and 20 female patients with fixed mandibular retainers.

Before placing the retainer, an oral hygiene session was performed for all patients.

All the subjects were monitored after 3 and 12 months.

The following indexes were taken into consideration: gingival index (GI) plaque index (PI) the probing depth and the presence of gingival recession on the six inferior frontal teeth.

RESULTS

Plaque index		
Period	Mean	SD
3 months	1.08	0.28
12 months	1.74	0.86
Significant *		

Periodontal index		
Period	Mean	SD
3 months	0.68	0.33
12 months	0.88	0.63
Non significant for $p < 0.005$		



Gingival index		
Period	Mean	SD
3 months	1.01	0.23
12 months	1.24	0.55
Non significant for $p < 0.005$		

Periodontal depth		
Period	<3mm	>4mm
3 months	96.4 %	3.6 %
12 months	73.6 %	6.4 %

Mean score for the Plaque Index (PI) after three months was 1.08 and after 12 months was 1.74. The mean Gingival Index (GI) after 12 months was 1.24 and after three months was 1.01. Periodontal sockets and presence of gingival recession was not found. In our study was found a statistically significant difference for the Plaque Indexes ($P > 0.05$) in both groups with higher scores among subjects having retainers for 12 months

CONCLUSION

From the analysis of the data obtained in our study we can conclude that for a period from 3 to 12 months the effects of the orthodontic retainers on the periodontal health are minimal.

