ABSTRACT

The Bacterial Colonies’ Counting after Having Tongue Cleaning with Specific Tongue Scraper and Toothbrush

Background: Tongue scraper or toothbrush has routinely been used to remove tongue biofilm but people prefer using toothbrush because it is considered more practical. Nowadays, there are new toothbrushes designed with tongue scraper on the back of their head. These specific tongue scrapers are considered more suitable for child’s tongue. Purpose: The purpose of this study is to know the bacterial colonies’ counting after having tongue cleaning with specific tongue scraper and toothbrush. Method: This study is carried out by experimental laboratory with 16 subjects which taken by simple random sampling. Subjects are divided into two groups. Each group has tongue cleaning once. Group I is using specific tongue scraper while group II is using toothbrush. The bacterial colonies’ counting is done twice, before and after having tongue cleaning. Tongue coating on right surface beside median sulcus is taken before subjects clean their tongue. After having tongue cleaning, tongue coating on left surface beside median sulcus is taken to observe. Result: After having tongue cleaning with specific tongue scraper, the bacterial colonies’ counting decrease 15,7500x10^3. While after having tongue cleaning with toothbrush, the bacterial colonies’ counting decrease 9,8750x10^4 There is significant difference on the bacterial colonies’ counting as the result of tongue cleaning with specific tongue scraper and toothbrush. Conclusion: Using tongue scraper is better than toothbrush to decrease bacterial colonies’ counting.

Keywords: bacterial colonies, tongue cleaning, tongue scraper, toothbrush.