

**PERBEDAAN AKUMULASI PLAK PENGGUNA SIKAT GIGI
KONVENSIONAL DENGAN SIKAT GIGI KHUSUS PERANTI CEKAT**

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PERBEDAAN AKUMULASI PLAK PENGGUNA SIKAT GIGI KONVENSIONAL DENGAN SIKAT GIGI KHUSUS PERANTI CEKAT

*(DIFFERENCES IN PLAQUE ACCUMULATION CONVENTIONAL TOOTHBRUSH
USER WITH SPECIAL TOOTHBRUSH FIXED APPLIANCES)*

ABSTRACT

Background. Good plaque control is an important factor in the maintenance of dental health during fixed appliance therapy. Adequate plaque control in patients that undergone fixed appliance therapy is harder to do because there are brackets, archwires, and other appliance components which become a focus for plaque accumulation and an obstruction to plaque removal, thereby promoting gingivitis. Plaque also harbors cariogenic bacteria potentially capable of hard tissue damage, especially at the bracket margins. There are two types of toothbrush that are used by patients with fixed appliances, conventional toothbrush and orthodontic toothbrush. Recent studies prove that conventional toothbrush is less effective in plaque control during fixed appliance therapy, therefore patients are advised to use orthodontic toothbrush. **Purpose.** The aim of this study is to compare the efficacy of conventional toothbrush and orthodontic toothbrush in controlling plaque. **Method.** Twenty patients wearing upper and lower fixed appliances were assigned to use conventional toothbrush in their first visit, and orthodontic toothbrush in the next week. Measurement of plaque was done using Orthodontic Plaque Index (OPI) one hour after brushing teeth, subjects were not allowed to rinse their mouth, eat or drink during that one hour period. **Result.** Data for each group were analyzed using paired t-test. There were significant differences in OPI scores ($p < 0.05$). **Conclusion.** Orthodontic toothbrush is more effective than conventional toothbrush in controlling plaque during fixed appliance therapy.

Keyword: orthodontic toothbrush, plaque control, fixed appliance therapy