



## KNOWLEDGE, ATTITUDE AND PRACTICE OF ORAL HYGIENE HABITS AMONG PATIENTS WITH DENTAL IMPLANTS IN CHENNAI

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### ABSTRACT

**Aim:** To find the knowledge ,attitude and practice of oral hygiene habits among patients with dental implants in Chennai.

**Background:** A dental implant (also known as an endosseous implant or fixture) is a surgical component that interfaces with the bone of the jaw or skull to support a dental prosthesis such as a crown, bridge, denture, facial prosthesis or to act as an orthodontic anchor. In the modern society, implants have become more popular and convenient for better aesthetics. In order to have a successful implant proper oral hygiene and practices must be followed. Proper instructions should be given by the dentist and must be followed by the patient without fail. Proper heeding to oral hygiene practices helps to prolong the life of implants

**Materials and method:** A self formulated questionnaire was distributed to hundred out patients from Saveetha Dental College who have dental implants. The data collected was then analysed to produce graphs and pie charts .

**Result:** From the data obtained, it is found that 100% of the implant patients have had advice on oral hygiene habits from their dentists and 53% use mouthwash regularly while only 8% floss their teeth. 63% use soft type of brushes and 64% brush for more than 2 mins. 74% visit their dentists regularly for check ups.

**Conclusion:** From the study, we can conclude that knowledge about oral hygiene awareness is adequate among the patients but the practice on oral hygiene habits were found to be moderate. Therefore, more education on oral hygiene habits must be made clear and should make sure the patient follows the practice for increasing the life of the implant.

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### INTRODUCTION

Dental implants have become a revolution in today's world in dentistry which have been efficient in replacing dentures in patients and has given its added benefits to the patients. Currently, dental implants are widely accepted as a prosthetic treatment of completely or partially edentulous patients [1] Complete information on implant treatment and alternative therapies should be provided to guide the patient in the choice of the most appropriate option. [2] Oral hygiene is an important aspect in patients with dental implants and proper oral hygiene advice given to them by their dentists. Plaque control was as critically important for the maintenance of dental implants as it is for natural teeth. [3] Oral diseases are a major public health concern owing to their high prevalence and their effects on the individual's quality of life. [4] Improper care given to implants and non usage of interdental aids may lead to inflammation of gingival tissues and cause pain and discomfort. It would also lead to lowering the life of the implant placed.

From this research, the knowledge and practice and attitude of oral hygiene habits followed by patients are studied. Oral health knowledge is considered to be an essential prerequisite for health related behavior, although only a weak association seems to exist between knowledge and behavior in cross-sectional studies, nevertheless studies have shown that there is an association between knowledge and better oral health. [5]

Also 44% of a sample of Austrian subjects thought that special oral hygiene or dental care was necessary for implants [6]. But in a study, only a few patients said that they would not choose implant dentistry because of the need for more rigorous oral hygiene. [7]

### MATERIALS AND METHOD

A self formulated questionnaire was distributed to hundred out patients from Saveetha Dental College who have dental implants. The data collected was then analysed to produce graphs and pie charts. The data was collected only from patients who gave their full consent.

The patients were selected in a random order.

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**RESULT**

From the data obtained, it is found that 100% of the implant patients have had advice on oral hygiene habits from their dentists. Majority of the patients were (39%) were above 65 years of age (Fig:1) with a majority in female patients (Fig:2) which shows the preference of implants among old age patients and only 8% floss (Fig:3) their teeth regularly while 53% (Fig:4) use mouthwash regularly.

● 40-45 ● 45-50 ● 50-55 ● 55-60  
● 60-65 ● 65<

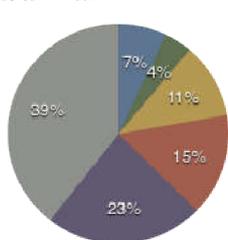


Fig 1 Age variation

● Male ● Female

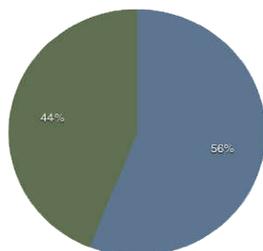


Fig 2 Sex

● Yes ● No ● Sometimes

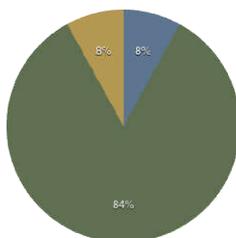


Fig 3 Regular flossing

● Yes ● No ● Sometimes

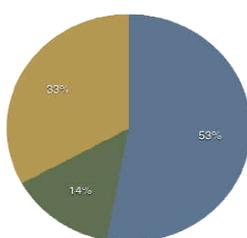


Fig 4 Regular mouthwash usage

The regular use of mouthwashes helps in low plaque accumulation and prevents any gingival inflammation. 37% use soft type (Fig:6) of brushes which is more preferred and in demand for proper implant care and 64% brush for more than 2 mins (Fig:5) which shows the patients allegiance towards oral hygiene and implant care. 74% visit their dentists regularly for check ups (Fig:7) which help in prolonging the implant's life.

● <2 mins ● More than 2 mins

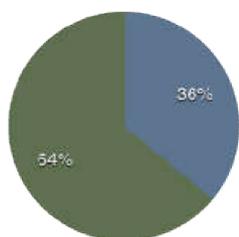


Fig 5 Duration of brushing.

● Soft ● Medium

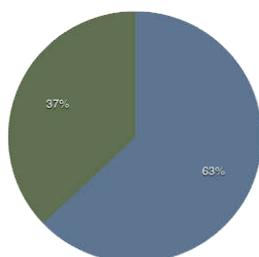


Fig 6 Type of brush used

● Yes ● No

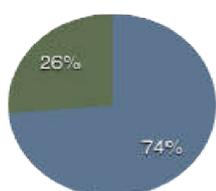


Fig 7 Regular visits to dentists

From table1, we can see that the educational status of the patients doesn't have much effect on oral hygiene awareness but socioeconomic background (table2) shows better awareness and practice among higher class patients.

Table 1 Educational status

Education	
12th	40
UG	30
No education	30

Table 2 Socioeconomic background

Socioeconomic background	
>10000	30
10000-20000	43
20000<	27

**DISCUSSION**

From the data obtained, we could infer that the knowledge on oral hygiene habits in implant patients that is adequate among the patients but the practice on oral hygiene habits was found to be moderate. The usage of mouthwash among the patients was found to be healthy when compared to flossing. Regular visits to dentists was found to be followed by almost all the patients and advised by their dentist to follow oral hygiene practices. Media and lay persons such as friends and family provided information in other studies whereas, health professionals such as dentists and physicians were named only by 1 out of 6 respondents in Zimmer et al<sup>[8]</sup> Visiting a dentist is still not considered a preventive dental behaviour, at present it only depends on the treatment needs as regular checkups are followed by the patients in our study.<sup>[9]</sup> The socioeconomic status of patients also plays a role in the practice of oral hygiene habits and was found to be low among very poor class of people which is in sync with the current study and awareness amongst patients regarding the dental implants can help in eliminating any incorrect or negative images of the procedure that may have been caused due to lack of adequate information.<sup>[10]</sup> In a study conducted in Saudi Arabia in 2001, no subject used dental floss for interdental cleaning, which is similar to our results with very few patients using dental floss.<sup>[11][12]</sup> There is increased use of soft bristle brushes, interdental aids and mouthwash which suggests that there is improved oral hygiene practice after placement of an implant which is similar to patients who have a positive approach towards the maintenance of the same in another study.<sup>[13]</sup> While in a survey done in USA only 17% obtained information about dental implants first from dentist, with media and friends playing much more important roles (77%)<sup>[14]</sup> but in our study, dentists were the first source of information followed by friends, thus dentists play an active role in spreading awareness regarding oral hygiene practice in Chennai which gives more proper knowledge on implants when compared to media advertised implant knowledge. The regular testing of plaque level is quite important for anyone with dental implant prosthetics and thus regular visits are deemed necessary.<sup>[15]</sup> Therefore, more education on oral hygiene habits must be made clear and should make sure the

patient follows the practice for increasing the life of the implant.

## CONCLUSION

It can be found that knowledge about oral hygiene awareness is adequate among the patients but the practice on oral hygiene habits were found to be moderate. Therefore, more education on oral hygiene habits must be made clear and should make sure the patient follows the practice for increasing the life of the implant

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