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**CARIES EXPERIENCE AS RELATED TO
SELF REPORTED FREQUENCY OF
TOOTHBRUSHING AND ORAL HYGIENE CONDITION
IN SCHOOL CHILDREN OF MANSURA**

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Mechanical methods for patients to clean their teeth at home currently are being emphasized by the dental profession in order to prevent caries-activity. One now hears frequently the advice expressed that frequent and thorough brushing, combined with the use of dental floss, can reduce to a minimum or prevent carious lesions. Apparently this advice requires scientific evaluation.

Little agreement exists, however, about how frequently one should brush in order to obtain optimal results¹. Goldman et al.² recommend that the patient brush five times a day, ideally. Realizing the impracticality of this regimen, this group advised that brushing be carried out at least twice a day. Glickman³ also recommended that toothbrushing be performed « at least twice a day as soon as possible after meals ». Greene and Arnim¹, however each concluded that a thorough cleaning once a day should be sufficient and Loe^{1,4} asserted that a thorough cleaning may be necessary only every second day.