

## The comparison of Mint mouthwash Effect on Microbial Plaque with Chlorhexidine, and Acceptance of Persons

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### Abstract:

**Background and Aim:** Given that the effectiveness of mint on a plaque. The aim of this study was to compare the impact of mint mouthwash with chlorhexidine on persons volunteered to be studied Islamic Azad University in Tehran.

**Materials and Methods:** The clinical trial cross over- double blind clinical trial was carried out. Initial plaque was recorded, and the samples randomly divided into two groups and they asked to rinse their mouthwash twice a day for 4 weeks. After 2 weeks wash out period, the groups were rotated and they used different mouthwash as the same methods. The plaque and pigments and acceptance of person were recorded and Mann-U-Whitney test was used.

**Results:** The stain of those who had used chlorhexidine was ( $6.05 \pm 1.16$ ), and those who used mint mouthwash was ( $2.18 \pm 0.83$ ) ( $P < 0.001$ ). In the people who used Mint Mouthwash, the plaque score was ( $1.17 \pm 0.24$ ) and those who used chlorhexidine was ( $0.86 \pm 0.17$ ). ( $P < 0.001$ ). The whole people who used mint mouthwash did not feel any flavor in their mouth. but the whole people who used chlorhexidine felt bad feeling in their mouth. ( $P < 0.001$ ). %84(21 cases) of patients who received chlorhexidine felt burning sensation ,in% 12(3 cases) of people who used mint mouthwash were reported burning sensation of the mouth. ( $P < 0.001$ ). In %96(26 cases) of those who received chlorhexidine had sense of foul odor and in %4 people who have used mint mouthwash foul odor in the mouth were reported. ( $P < 0.001$ )

**Conclusions:** It seems, Chlorhexidine mouthwash in reducing microbial plaque is better than mint mouthwash but regarding feeling flavor, no burning sensation and less staining, mint mouthwash had better efficacy.

**Keywords:** preventive dentistry, chlorhexidine, dental plaque, dental stain