

## Awareness of Orthodontic Patients about Oral Hygiene: A Cross-Sectional Study

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### ABSTRACT

**Introduction:** Maintaining excellent oral hygiene during orthodontic treatment is necessary to avoid the accumulation of plaque. Plaque can cause damage to teeth and gingiva.

**Aim:** In the current study, we aim to evaluate the status of oral hygiene awareness in people wearing orthodontic appliances in the Qassim province, Saudi Arabia.

**Settings and Design:** This is a cross-sectional questionnaire based study.

**Methods and Material:** A sample of 200 orthodontic patients from the Qassim region, aged  $\geq 16$  years old were asked to fill out an online questionnaire. The questionnaire has 5 main questions, all aiming to assess the oral hygiene status. The data were saved as an Excel sheet.

**Statistical Analysis Used:** We used Excel to calculate the statistics of each question.

**Results:** The collected data showed that all patients brush their teeth during the course of orthodontic treatment. Most of them used medium-type brushes. The most used extraoral hygiene aid was dental floss. Also, a high percentage of the participants (63.5%) used mouthwash during the course of their orthodontic treatment. A high number of the participants (n=178, 89%) were advised by their dentists to not eat sticky foods.

**Conclusion:** The majority of patients were aware of oral hygiene methods and had a good oral hygiene practice throughout their orthodontic treatment, although not at an ideal ratio.

**Keywords:** Orthodontic, Dentistry, Oral hygiene, Teeth

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