

# A Survey on Mouth Rinsing Habits in Young Adult Population

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**Abstract:** Aim: The aim of the research is to assess and evaluate the rinsing habits in young adult populations. Objective: This study is set out to evaluate the rinsing habits in young adult population. Materials and Method: A cross sectional survey was carried to assess the mouth rinsing habits of young adults between 18-30 in Chennai city population. A self assessed questionnaire was formulated with 13 questions and distributed to 100 participants. We obtained data and analysed statistically. Background: The oral health of individual patients is the result of the interplay between a number of "dental behaviours" including dental office attendance, dietary habits and oral hygiene practices. Brushing and flossing alone cannot help to maintain proper oral hygiene without the support of mouth rinsing habits. The aim of this project is to assess the mouth rinsing habits of young adults between 18-30 in Chennai city population. Result: On analysing the above data, 38% of participants brush twice a day and 37% of them rinse after every meal, and 82% of them prefer to rinse their mouth with chemical rinsers apart from herbal and semi synthetic rinsers. 60% of them rinse their mouth for 30 secs and 51% prefer rinsing in order to prevent caries attack. Conclusion: This study concluded knowledge and awareness among the studied population is inadequate. Hence, oral health educational program needs to be initiated to address this concern.

**Keywords:** Mouth rinsing, habits, chlorhexidine, young adults.

## 1. Introduction

Oral hygiene, an inevitable part of personal hygiene practices is a very important factor in maintaining the oral hygiene such as brushing techniques, flossing and mouth rinsing habits. Out of all the practices, mouth rinsing habits play a vital role in maintaining oral hygiene, if not leads to various dental complications due to bacterial accumulations on the surface of the tooth which creates caries. There are many mouthwashes available in the market which can be from a natural source such as herbal mouthwashes which has been proved to be efficient in many areas of the dental area, where it is used as a preprocedural mouth rinse and proven to decrease the pathogenic oral bacteria. While there are also chemical mouthwashes available such as the gold standard chlorhexidine which is highly efficient against microbes and serve to maintain the oral hygiene.

Our current study is done in order to assess the mouth rinsing habits of young patients who are at a higher risk of dental caries which is a global problem which might hinder the development of the children.

## 2. Materials and Methods

A cross sectional survey was conducted across Chennai among young adults regarding their knowledge and awareness about the mouth rinsing habits. The questionnaire was distributed to 100 young adults in an interview based method around Chennai city. The entire questionnaire was kept anonymous and were statistically analysed.

## 3. Questionnaire Design

### Questionnaire

**Name:**

**Sex:**

**Age:**

**1. How often do you rinse your mouth in a day?**

- a) Once a day
- b) Twice a day.
- c) Thrice a day.
- d) Never.

**2. When do you do your rinsing?**

- a) After every meal
- b) Morning after meal.
- c) Not often.
- d) Rare.
- e) In between.

**3. If in between, kindly specify the time? \_\_\_\_\_.**

**4. What kind of mouthwash you use?**

- a) Chemical.
- b) Semi synthetic.
- c) Herbal.

**5. Do you dilute the mouthwash?**

- a) Yes.
- b) No.

**6. How long do you rinse your mouth?**

- a) 30s.
- b) 1 min.
- c) 2 min.
- d) Great.

**7. Why do you prefer to use mouthwash?**

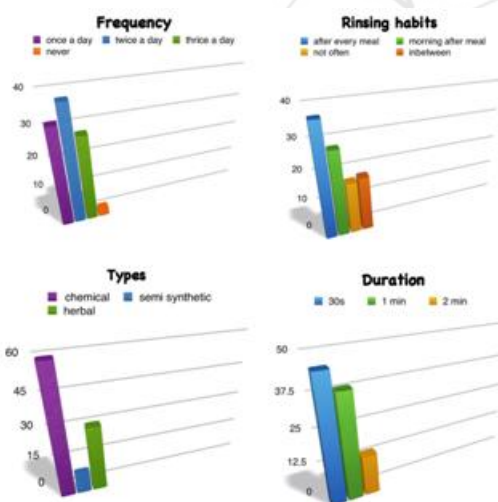
- a) Odour.
- b) Prevent caries.
- c) Part of treatment.

**8. How often do you change your mouthwash?**

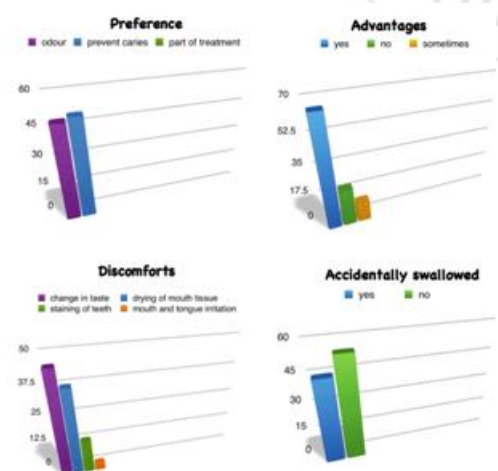
- a) 2 months.
- b) 3 months.

- c) 4-6 months.  
 d) Sometimes.
9. Do you wear any dental appliance?  
 a) Yes.  
 b) No.
10. Do you think mouth rinsing will help you?  
 a) Yes.  
 b) No.  
 c) Sometimes.
11. What are the discomforts you face during mouth rinsing?  
 a) Change in taste.  
 b) Drying of mouth tissue.  
 c) Staining of teeth.  
 d) Mouth and tongue irritation.  
 e) Other.
12. If \_\_\_\_\_ other, kindly specify it? \_\_\_\_\_.
13. Have you accidentally swallowed the mouthwash?  
 a) Yes.  
 b) No.

#### 4. Result



Graph 1



Graph 2

On analysing the above data, 38% of participants brush twice a day and 37% of them rinse after every meal, and

82% of them prefer to rinse their mouth with chemical rinsers apart from herbal and semi synthetic rinsers. 60% of them rinse their mouth for 30 secs and 51% prefer rinsing in order to prevent caries attack.

#### 5. Discussion

Common complaints of patients related to oral mucositis include changes in sensation, difficulty talking and swallowing, the presence of mouth sores, and sometimes dryness. Study was carried out in young adults between 18-30 in chennai city population. However according to study by Dodd JM et al<sup>13</sup>, homemade mouthwash containing salt and soda is found to be comparably effective with the advantage of being cheaper and easily available. In our study most of the practitioner's preferred chemical mouthwashes [graph 1]. Most of the participants selected herbal mouthwash next to chemical mouthwashes. There are no recommendations for frequency, method of use and duration for which mouthwash should be kept in mouth. Yet various researcher advocate using of mouthwashes after brushing and flossing after every meal. Most of the participants preferred mouthwashes to prevent caries and they complain about discomforts such as change in taste being the top most followed by drying of mouth tissue, staining of teeth, mouth and tongue irritation as minor complaints [graph 2].

Studies have said that the use of preprocedural antiseptic mouth rinses has become a routine part of daily infection control procedures in military dental clinics. Majority of respondents indicated they used pre rinses to decrease the chance of postoperative infection or to protect the dental team from infection<sup>14</sup>. From graph 1, most of the participants answered that they use mouthwashes after every meal. Guidelines mention primary aim should be to promote basic oral hygiene practices that will help to reduce subsequent complications.

#### 6. Conclusion

This study concluded knowledge and awareness among the studied population is inadequate. Hence, oral health educational program needs to be initiated to address this concern. Through this survey we would like to stress upon the need for extensive and active dialogue between the various treating specialist to reach a consensus on the use of mouthwash.

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