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# ***Non-surgical periodontal therapy with adjunctive chlorhexidine in Down syndrome adults***

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Down syndrome subjects experience high prevalence of periodontal disease. The management of which is regarded to be a challenge to oral health care providers. Objective: The 6 month healing response after non-surgical mechanical periodontal therapy adjunctive with chemical plaque control in adult Down syndrome subjects with moderate to severe chronic periodontitis was studied. Methods: 20 medically fit Down syndrome subjects (7 females,  $25.5 \pm 5.6$  years) with chronic periodontitis and mild to moderate mental retardation, were recruited. All subjects received oral hygiene instructions, scaling and root debridement, and used 1 % chlorhexidine gel for twice daily toothbrushing, 0.2 % chlorhexidine mouthwash for twice daily mouthrinsing, and were recalled once every month. Plaque index (PI), probing pocket depth (PPD), probing attachment level (PAL) and bleeding on probing (BOP) were recorded. Results: There was a mean of  $25.3 \pm 2.4$  standing teeth in the subjects. At six months, mean percentage of PI reduced from 83.7% to 40% and BOP reduced from 81.4% to 52.6% ( $P < 0.05$ ). Mean PPD decreased from 3.2mm to 2.1mm ( $P < 0.05$ ) with a PAL gain of 0.5mm. Conclusion: Down syndrome adults with chronic periodontitis were treated successfully employing non-surgical periodontal therapy with adjunctive chlorhexidine use.

[Periodontal Research - Therapy](#)

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