

Oral Health, Oral Hygiene and caries prevention in wars and armed conflicts

Introduction:

Oral health is important even in wars and military conflicts which people's daily routines are severely affected by their condition. Military personnel and front line soldiers which are faced with war conditions cannot maintain good oral hygiene, so we have to find some solutions.

Methods and Materials:

We hypothesized that military personnel and front-line soldiers would be able to perform professional oral and dental hygiene procedure which is mechanical and chemical way to remove tartar, bacterial plaque and toxins collected on the surfaces of teeth at 72-hour intervals. Participants in the study were men in their 20s to 40s who did not brush their teeth routinely. We used a control group of 25 people was used. Oral hygiene status which measured by plaque index and gingival index was recorded at the beginning of study. All of them were taught how to brush their teeth, dental flossing and using chlorhexidine gluconate mouthwash once a day. This process was stopped and resumed after 72 hours.

Results:

The results showed that there were significant differences compared to the beginning of study in all indices but compared to the control group, only the plaque index was significantly different.

Conclusion:

Due to the time constraints of people involved in war situations, the development of special methods is a solution to improve the oral health of these people. Although we are aware of the side effects of this technique, it should be improved in future studies.