TePe products in study of mechanical vs. chemical oral hygiene

The efficacy of TePe toothbrushes and TePe interdental brushes has been demonstrated in a recent clinical study by researchers from the Department of Operative and Preventive Dentistry, University of Hamburg, Germany. An approach focusing on improved mechanical oral hygiene, by means of instructions in correct brushing technique and supply of TePe toothbrushes and TePe interdental brushes, was compared to a chemical approach involving an antibacterial amine/stannous fluoride mouth rinse in addition to the subjects’ normal oral hygiene routine. The duration of the study was six months, and it incorporated in total over one hundred subjects, who were all 55 years or older.

The results, measuring plaque and gingivitis, favoured the mechanical approach with TePe products. The mechanical and the chemical approach resulted in similar reductions of gingivitis (both were significantly better than control). The mechanical approach was significantly better than both the chemical approach and control in terms of plaque reduction. Interestingly, combining the chemical and the mechanical approach did not yield better results for neither plaque nor gingivitis, compared to the mechanical approach alone.

The results led the authors to assert that “…plaque is reduced to a greater extent by mechanical rather than by chemical measures”, and that “…adding antibacterial measures to improved mechanical regimens did not result in a further reduction in plaque or gingivitis”.

TePe supplied material (toothbrushes and interdental brushes), as did the manufacturer of the mouth rinse, but the study was otherwise self-supported by the authors and their institution.