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### CLINICAL AND MICROBIOLOGICAL EFFICACY OF AN ANTIMICROBIAL MOUTHRINSE ON ORAL HALITOSIS.

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**Objective:** to evaluate the effects of a newly formulated mouthrinse containing chlorhexidine(0,05%), cetylpyridinium chloride(0,05%) and zinc lactate(0,14%) (Halita®), on oral halitosis related variables and microbiological parameters.

**Material and Methods:** 18 subjects complaining of oral malodor were included in a double-blind placebo-controlled parallel study design. Entrance criteria required a score  $\geq 1$  on a 0-5 organoleptic scale, VSC level  $\geq 170$  ppb and a tongue coating score  $\geq 4$ . Untreated periodontitis with probing pocket depths  $\geq 5$  mm and intake of antibiotics in the previous month were the exclusion criteria. At baseline and post-treatment examinations the following variables were recorded: full-mouth odor organoleptically, two consecutive measurements of VSC levels (Halimeter®), tongue coating index, and standardised microbiological samples from the tongue dorsum and of unstimulated whole saliva for culture analysis. Patients were randomly assigned to the test or placebo group, and instructed to gargle with the mouthrinse twice daily during one minute for a period of two weeks. T-test was used to analyse intra and intergroups differences.

**Results:** we found high prevalences of *F. nucleatum*, *P. intermedia* and *P. gingivalis* in tongue (100%; 60%; 53%) and saliva (100%; 53,3%; 46,6%) samples, representing low proportions of the total flora. The tested mouthrinse obtained significantly higher reductions in organoleptical scores (-1 vs +0,2)( $p < 0,01$ ) and VSC values (-130,6 vs +7,2)(NS) as compared with the placebo. Regarding microbiological parameters, the test rinse was able to reduce the ratio of anaerobic to aerobic bacteria in tongue and saliva samples after the treatment.

**Conclusion:** the tested rinse has shown efficacy in the short term treatment of oral halitosis.