

A Study on Awareness Among Dental Students Regarding Flossing

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Abstract

Home dental care plays a very important role in the curbing the accentuated periodontal disease. Especially in interdental region where access is limited for meticulous oral hygiene. In such situation, dental floss plays a very important role in maintaining inter dental soft tissue integrity. It is a prime responsibility of all the dentists to educate and motivate patients to maintain oral hygiene. In the present study awareness of dental students on maintenance, usage, benefits and availability of dental floss was assessed. The survey forms were circulated using Google Forms. The statistical analysis was made using mean and average which concluded that out of a total 279 participants, 36.7 % of students floss, among which 20.9% of students started flossing after joining dental college. Thus, the present study concludes that, along with knowledge and awareness regarding flossing, motivation to maintain interdental soft tissue health is important for a dental student who is considered as a mirror of future dentistry.