

Quick Poll Results: Dental Flossing

Dental plaque is the main etiological factor in periodontal disease. Research shows that tooth brushing alone is inadequate for effective removal of dental plaque, and hence, use of other oral hygiene aids, such as dental floss, need to be emphasized by dental practitioners. According to the 544 respondents of the June 2017 Quick Poll, 81 percent of respondents were confident that asking their patients to floss would improve their gingival health as compared to 17 percent of respondents that were either neutral or not confident. However, 82 percent of respondents reported that their patients floss occasionally (less than once a day), whereas 15 percent flossed daily.

The ADA recommends brushing twice a day and cleaning between teeth with floss (or another interdental cleaner) once a day. According to this quick poll, 97 percent of respondents reported that their patients start flossing either often (31 percent) or sometimes (66 percent) based on their dentist's recommendation.

For patients that did not use floss, respondents most frequently recommended interdental picks, brushes (61 percent) and water picks or similar devices (30 percent).

A majority of network dentists participating in this quick poll agreed that interdental cleaning helps remove debris and interproximal dental plaque. Dental floss and other interdental cleaners help clean these hard-to-reach tooth surfaces and reduce the likelihood of gum disease and tooth decay.

To continue the conversation about flossing, please visit the Quick Polls Results thread in the [Member Forum](#).