

The effect of green tea mouthwash (*Camellia sinensis*) on wound healing following periodontal crown lengthening surgery; a double blind randomized controlled trial

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ABSTRACT

Green tea has been used as a traditional medicine since 2700 BC and several studies have shown that green tea polyphenols inhibit the growth of oral and periodontal pathogenic bacteria and can improve oral and gingival health. In this clinical study we investigated the effect of green tea mouthwash on microbial dental plaque and gingival inflammation following periodontal surgery. A total of 34 crown lengthening surgeries were included in this study. After removing periodontal dressing, green tea mouthwash for the test group and placebo for the patients in the control group were prescribed, and periodontal parameters were assessed at base line and after 2 weeks. Analysis of the data revealed the significant effect of green tea mouthwash on reducing Plaque index (PI), Gingival Index (GI) and Bleeding on probing (BOP). Therefore it would be recommended as a safe, anti-inflammatory and anti-microbial mouthwash for treating gingival inflammation and maintaining oral and gingival health.

KEYWORDS

Green Tea; Antibacterial; Dental Plaque; Periodontal Surgery

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