



IFDH Orthodontic Hygiene Practices Survey

BACKGROUND

Survey #9 in a series supported by Procter & Gamble conducted in April 2024.

Objectives: To better understand global dental hygiene practices with orthodontic patients.

Survey flow: IFDH → 34 national associations → individual members.

RESPONDENTS

268 respondents from 18 countries

Top 5 countries

- Italy 23%
- Canada 16%
- Korea 12%
- USA 12%
- Israel 7%

Other countries represented

4% each: Belgium, Ireland, South Africa

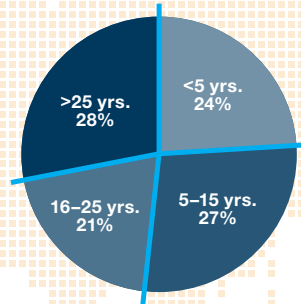
3%: Finland

2% each: Malta, New Zealand, United Kingdom

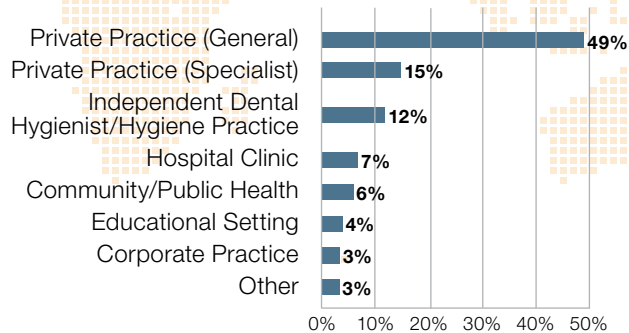
1% each: Australia, Japan, Latvia, Portugal, Slovak Republic, United Arab Emirates

- Good representation across years of practice
- 64% in private practice, 12% independent practice
- 55% Diploma/Bachelors, 16% Advanced degree

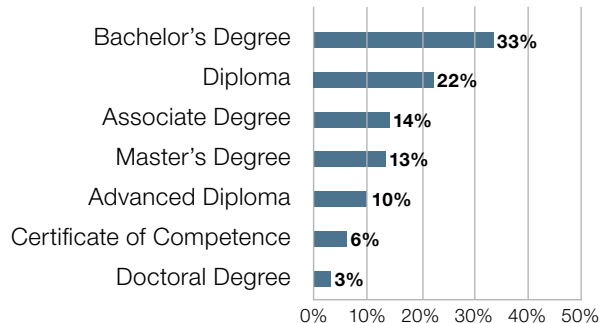
Years of service



Primary practice setting



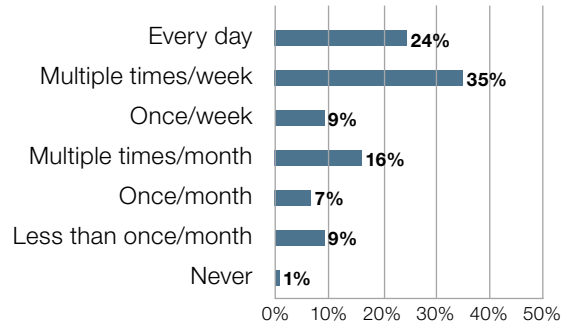
Highest professional qualification



How often do you encounter patients with either fixed or removable orthodontics in your practice setting?

- 68% see ortho patients once a week or more

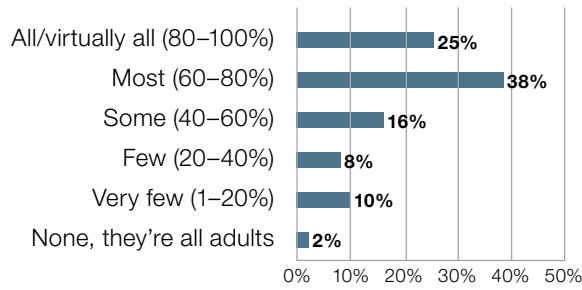
Total Respondents: 268. Those who chose "Never" advanced to question on page 7.



What percentage of the orthodontic patients you see are children or adolescents?

- 63% said most or all

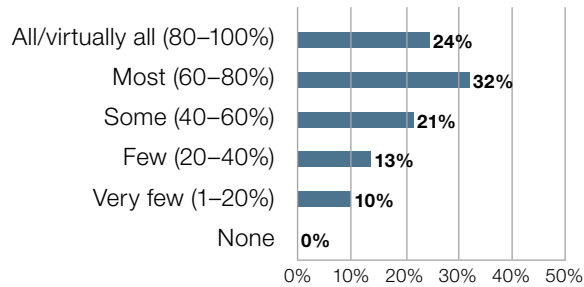
Total Respondents: 264



What percentage of the orthodontic patients you see have FIXED appliances, like braces?

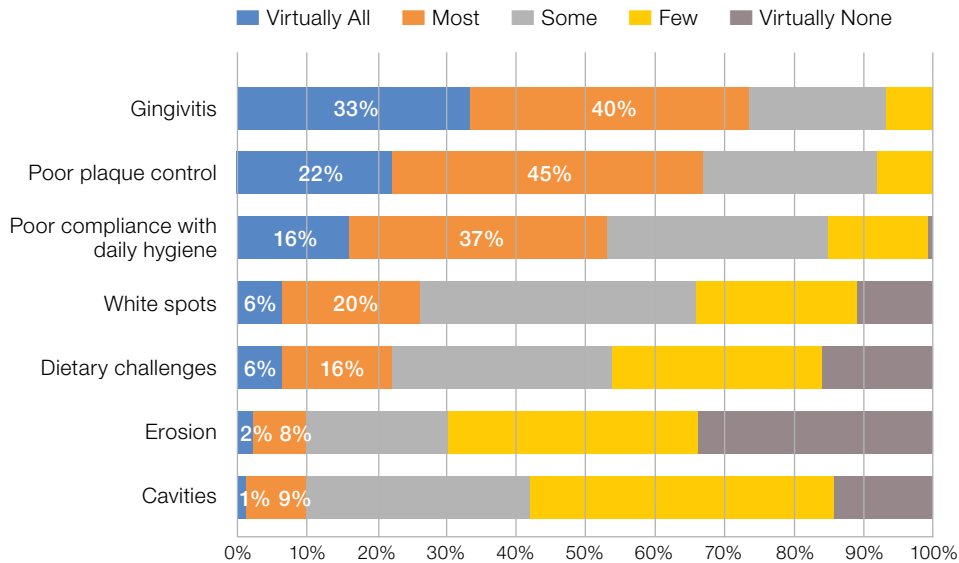
- 56% said most to all

Total Respondents: 264



Thinking of the orthodontic patients you see in FIXED appliances, how many experience the following conditions during orthodontic treatment?

- % saying 'virtually all' or 'most' patients experience: Gingivitis 73%, poor plaque control 67%, poor compliance with daily hygiene 52%



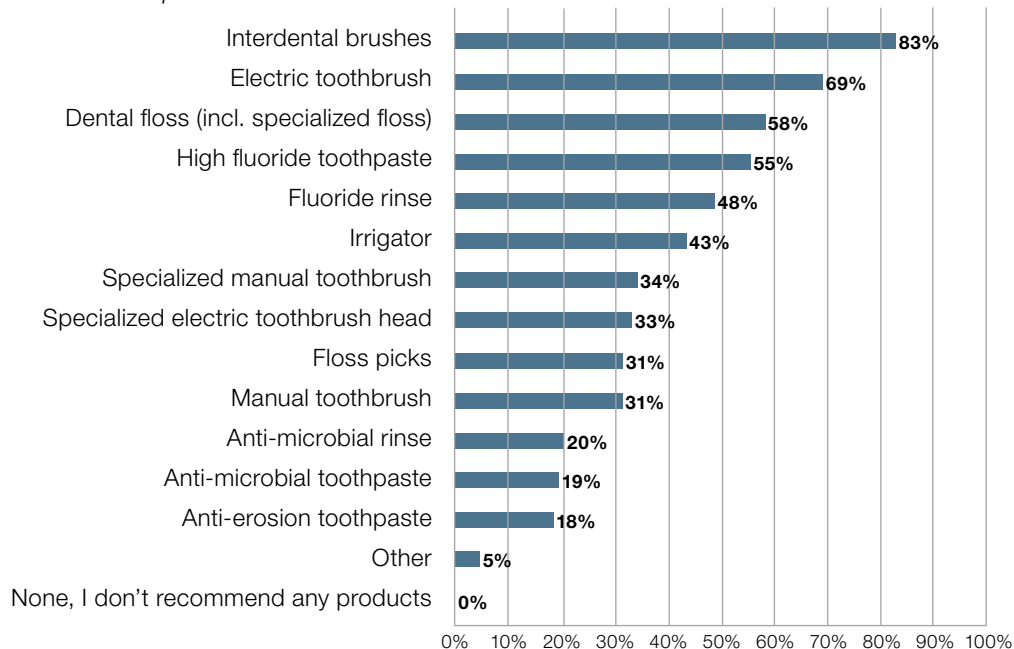
Total Respondents: 264. In the survey, participants were given the following definitions: virtually all = 80% to 100% of patients, most = 60% to 80% of patients, some = 40% to 60% of patients, few = 20% to 40% of patients, and virtually none = 0% to 20% of patients.

The accompanying PowerPoint file shows percentages for Some, Few, and Virtually None.

Which of the following oral hygiene products for daily self care do you ROUTINELY recommend to patients in FIXED orthodontic appliances?

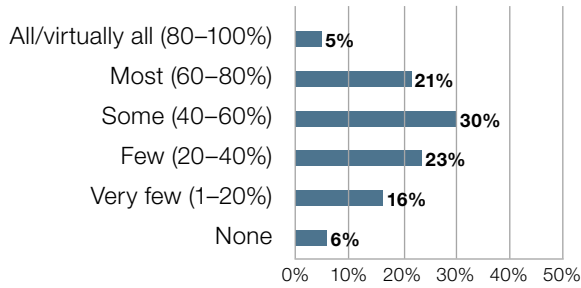
(Check all that apply)

Total Respondents: 264



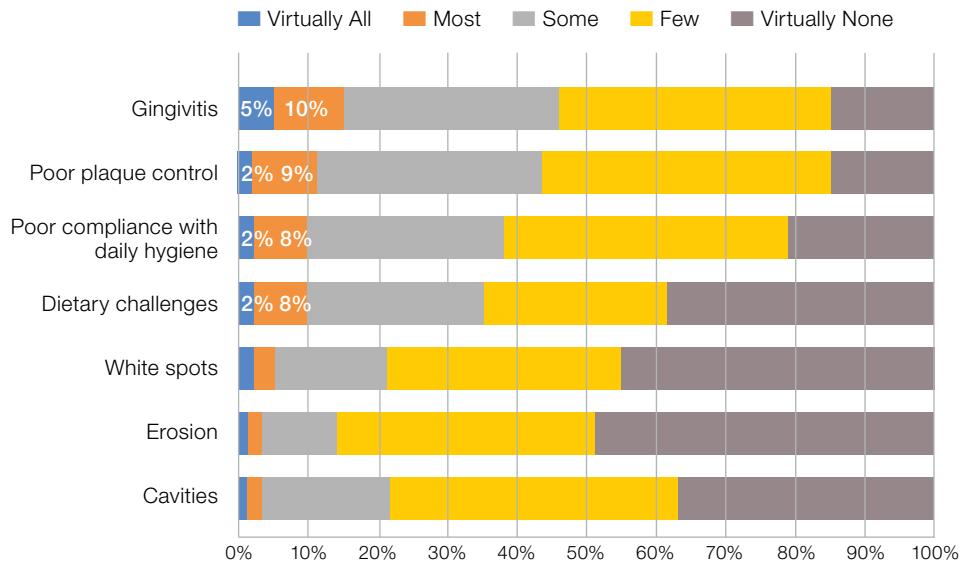
What percentage of the orthodontic patients you see in ACTIVE treatment wear REMOVABLE appliances, such as clear aligners?

- 26% said all or most
Total Respondents: 264



Thinking of the orthodontic patients you see with REMOVABLE appliances, how many experience the following conditions during orthodontic treatment?

- % saying 'virtually all' or 'most' patients experience: Gingivitis 15%, poor plaque control 11%, poor compliance with daily hygiene 10%

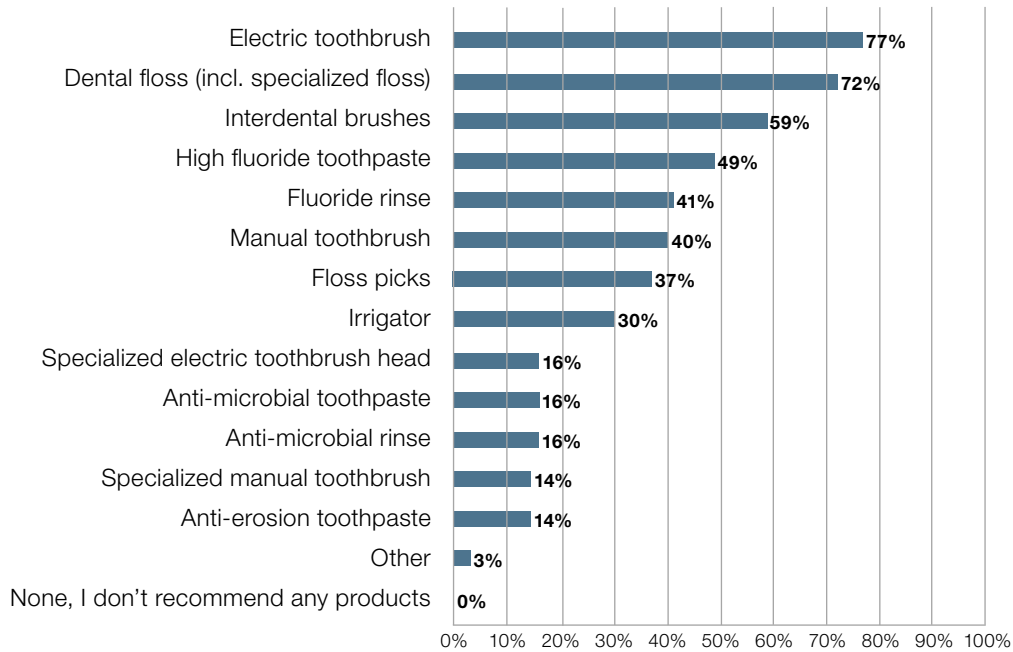


Total Respondents: 249. In the survey, participants were given the following definitions: virtually all = 80% to 100% of patients, most = 60% to 80% of patients, some = 40% to 60% of patients, few = 20% to 40% of patients, and virtually none = 0% to 20% of patients.

The accompanying PowerPoint file shows all percentages.

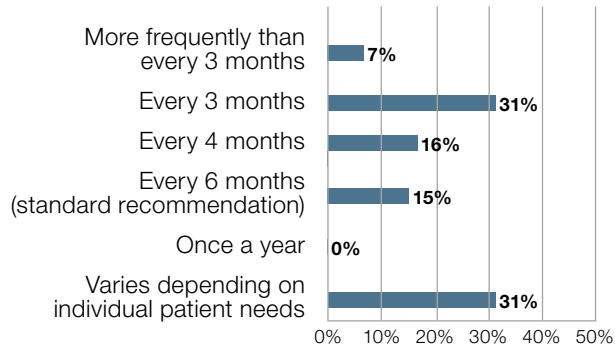
Which of the following oral hygiene products for daily self care do you ROUTINELY recommend to patients who wear REMOVABLE orthodontic appliances? (Check all that apply)

Total Respondents: 249



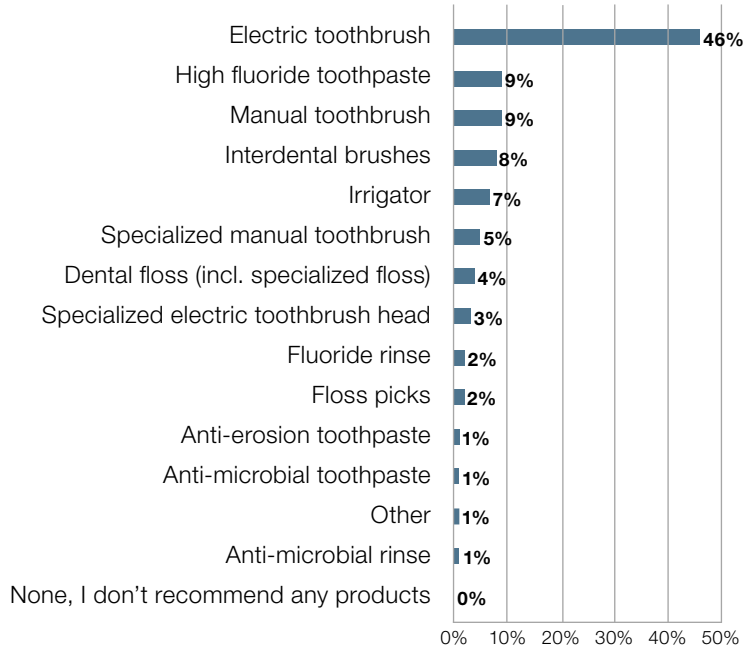
How often do you recommend dental hygienist visits for patients undergoing orthodontic treatment?

Total Respondents: 264



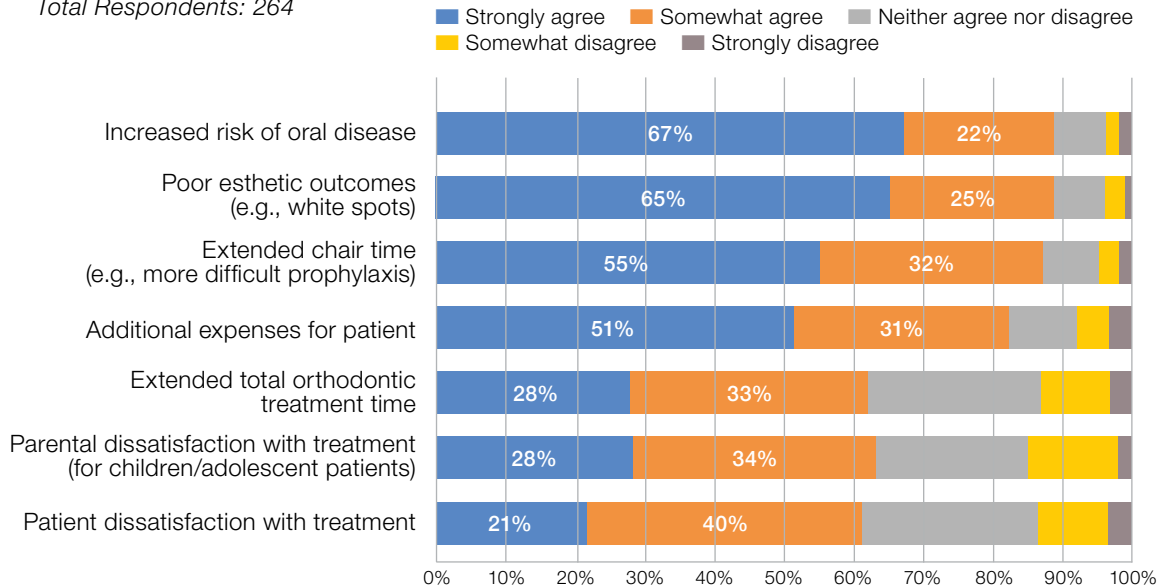
Of the products you routinely recommend for daily self-care to your patients with fixed or removable orthodontics, which product would you say has the greatest patient compliance? (Check one)

Total Respondents: 264



How much do you agree or disagree that poor plaque control during orthodontic treatment contributes to the following consequences?

Total Respondents: 264

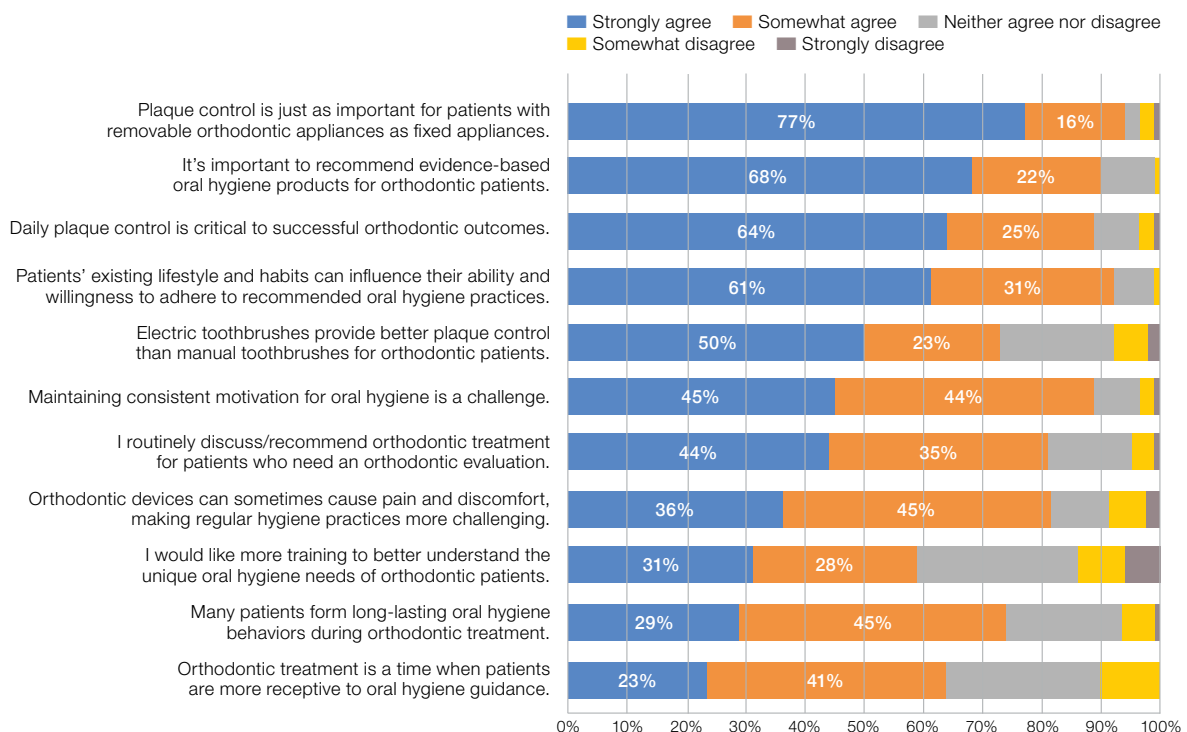


The accompanying PowerPoint file shows percentages for Some, Few, and Virtually None.

How much do you agree or disagree with the following statements regarding patients undergoing orthodontic treatment?

Total Respondents: 268

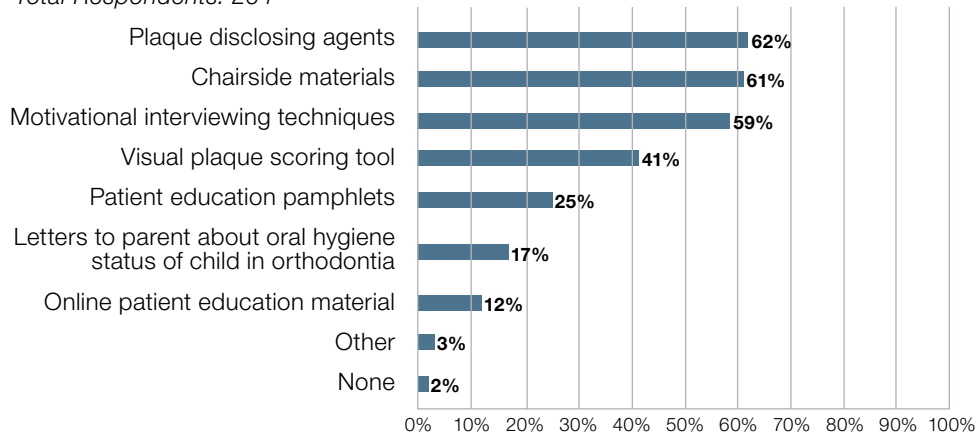
Strongly agree + somewhat agree / percentage	
Plaque control is just as important for patients with removable orthodontic appliances as fixed appliances.	94%
Patients' existing lifestyle and habits can influence their ability and willingness to adhere to recommended oral hygiene practices.	91%
It's important to recommend evidence-based oral hygiene products for orthodontic patients.	90%
Maintaining consistent motivation for oral hygiene is a challenge.	90%
Daily plaque control is critical to successful orthodontic outcomes.	89%
Orthodontic devices can sometimes cause pain and discomfort, making regular hygiene practices more challenging.	81%
I routinely discuss/recommend orthodontic treatment for patients who need an orthodontic evaluation.	80%
Many patients form long-lasting oral hygiene behaviors during orthodontic treatment.	74%
Electric toothbrushes provide better plaque control than manual toothbrushes for orthodontic patients.	73%
Orthodontic treatment is a time when patients are more receptive to oral hygiene guidance.	63%
I would like more training to better understand the unique oral hygiene needs of orthodontic patients.	59%



The accompanying PowerPoint file shows percentages for Some, Few, and Virtually None.

Which of the following tools and/or resources, if any, do you ROUTINELY use to educate and motivate orthodontic patients to have good daily oral hygiene? (Check all that apply)

Total Respondents: 264



What’s one thing you would like to share about orthodontic patients and oral hygiene? Please be specific. (Summary of all responses generated using AI)

“Maintaining good oral hygiene is a challenge for many orthodontic patients, particularly teenagers who may lack motivation. It is crucial to educate and motivate patients, involve parents, provide personalized strategies, and emphasize the importance of regular oral hygiene visits. Collaboration between orthodontists and dental hygienists is key in achieving successful orthodontic outcomes and preventing oral health complications.”

Total Respondents: 268

IFDH Survey Series and White Paper

[Click here](#) or use QR code for 8 other IFDH surveys and a White Paper on Evidence-Based Self-Care Recommendations

Survey Topics

- 2023 Oral Hygiene Instruction
- 2022 Sustainability in Dentistry
- 2022 Elderly Patients
- 2021 Pediatric Patients
- 2021 Oral-systemic Link
- 2020 Electric Toothbrushes
- 2020 Covid
- 2019 Toothpaste



The IFDH thanks Procter & Gamble for supporting these surveys.

