ISSN-0975-2366
Research Article
https://doi.org/10.31838/ijpr/2019.11.04.040

The Effect of Zinc Sulphate Mouth Rinse on Halitosis Compared With Chlorhexidine and Placebo Rinses:A Comparative Study

ABSTRACT

Aim: To assess the clinical effect of zinc sulphate as a mouth rinse on halitosis compared with chlorhexidine and placebo rinses.

Patients and Methods: A total of 65 patients (35 females and 30 males) with halitosis divided into three groups; Group I: 25 patients treated by zinc sulphate (0.05%) mouthwash; Group II: 20 patients treated by chlorhexidine mouthwash; and Group III: 20 patients treated by placebo rinse and serve as control positive group.

Results: Females were more affected by halitosis than males (53.8% females and 46.2% males) with highly association between intra–oral condition (periodontitis, gingivitis, carious tooth and coated tongue) and halitosis.

The results also showed that there was no significant difference ($p > 0.05$) between pre–treatment mean of halitosis in all groups but there were highly significant differences between post–treatment mean of halitosis in all groups with a higher reduction in mean of halitosis in Group I, followed by Groups II and III respectively. The results also demonstrated that a higher percentage of side effects (90%) occurred in Group II patient compared with only 48% of side effects in Group I patients. **Conclusion:** Zinc sulphate (0.05%) mouth rinse showed a good clinical effect demonstrated by reduction in mean of halitosis with a lower percentage of side effect compared with chlorhexidine and placebo rinses.