Eligible patients:

- Were not involved in any concurrent study which could affect the parameters being investigated in this trial
- Were aged 18-60 years at the time of recruitment
- Were regular dental attenders who had previously had a single-visit scale and polish
- Had BPE sextant codes less than 3 (i.e. code 0, 1, or 2)
- Did not, in the opinion of their family dental practitioner, require more extensive periodontal therapy
- Did not require antibiotic prophylaxis prior to single-visit scale and polish
- Had a minimum 20 natural teeth (these could be crowned)
- Had less than four actively decayed teeth (i.e. excluded if DT>3)
- Did not have a fixed or removable orthodontic appliance, a removable prosthetic appliance, or a removable acrylic splint
- Were generally fit and well, with no systemic conditions or medication that could predispose periodontal disease e.g.
  - Diabetes Mellitus
  - Hereditary Gingival Fibromatosis
  - Von Recklinghausen’s Disease (Neurofibromatosis I)
  - Neutrophil impairments e.g.
    - Agranulocytosis
    - Cyclic neutropenia
    - Lazy leukocyte syndrome
    - Chediak-Higashi syndrome
    - Downs Syndrome
    - Papillon-Lefevre syndrome
    - Chronic granulomatous disease
  - Drug Therapies e.g.
    - Phenytoin
    - Cyclosporin
    - Ca channel blockers e.g. Nifedipine
    - Sodium Valproate
    - Prednisolone
    - Long term NSAID therapy
    - Chemotherapy
  - Immunosuppressive conditions including HIV/AIDS
  - Leukaemia
  - Post-head-&-neck-carcinoma irradiation
  - Pregnancy/Lactating females
  - Rheumatoid Arthritis