

Table 1**Reduction of Inflammation and Plaque Biofilm**

Study	Duration	N	Agent Used	% Bleeding Reduction	% Gingivitis Reduction	% Plaque Biofilm Reduction
Al-Mubarak et al¹¹	3 months	50	Water	43.4	66.9	64.9
Barnes et al^{10*}	4 weeks	105	Water	36.2–59.2	10.8–15.1	8.8–17.3
Brownstein et al²²	8 weeks	44	CHX (0.06%)	52–59	25.4–31.1 [†]	14.3–19 [†]
			Water	NR	NR	NR
Burch et al^{32*}	2 months	47	Water	57.1–76.6	29.3–37.7	52–55.7
Chaves et al⁹	6 months	105	CHX (0.04%)	54	26	35
			Water	50	26	16
Ciancio et al^{23*}	6 weeks	61	Essential oils [‡]	27.6	54–55.7	23–24
			Water and alcohol 5%	13.6–31.2	59.8–61.9	9.6–13.3
Cutler et al¹²	2 weeks	52	Water	56	50	40
Flemmig et al¹⁷	6 months	175	CHX (0.06%)	35.4	42.5	53.2
			Water	24	23.1	0.1
Flemmig et al¹⁸	6 months	60	Acetylsalicylic acid 3%		8.9	55.6
			Water	50	29.2	0
Felo et al²⁰	3 months	24	CHX (0.06%)	62	45	29
Fine et al^{25*}	6 weeks	50	Essential oils [‡]	14.8–21.7	NR	36.8–37.7
			Water	7.5–10.6	NR	15.5–18.4
Jolkovsky et al²¹	3 months	58	CHX (0.04%)	NR	33.1	51.6
			Water	NR	18.6	25.6
Lobene¹⁹	5 months	155	Water		52.9	7.9
Newman et al¹⁶	6 months	155	Water	22.8	17.8	6.1
			Water and zinc sulfate (0.57%)	8.8	6.5	9.2
Sharma et al²⁶	4 weeks	128	Water	84.5	No Data	38.9
Walsh et al²⁴	8 weeks	8	CHX (0.2%)	NR	45	77
			Quinine salt	NR	14	0

CHX = chlorhexidine; NR= Not reported.

*Reported the range for the two irrigation groups.

†Percentages were reported for differences between CHX and water irrigation groups.

‡Reported the range for prophylaxis and non-prophylaxis groups.
Adapted from Greenstein et al.⁵