

## **Examining the effectiveness of different dental recall strategies on maintenance of periodontal health: four-year results from a randomised controlled trial**

Systematic reviews investigating the effect of differing recall intervals on oral health have concluded there is no evidence to support or refute the practice of encouraging dental check-ups at six-monthly intervals. The aim of this study was to compare the effectiveness of dental check-ups at different recall intervals for maintaining optimum periodontal health in adults attending UK dental practices.

Adult dentate patients were recruited to this multi-centre, randomised controlled trial set in UK dental practices. Patients were randomised to attend for a dental check-up at one of three recall intervals – six-monthly, risk-based, or twenty-four-monthly. Patients were clinically examined by blinded outcome assessors at four-years where gingival bleeding and periodontal probing depth were recorded.

2372 participants were recruited from 51 dental practices. 1624 (68.5%) attended for clinical assessment at four-years. There was no evidence of a significant difference in gingival bleeding between the groups in any comparison: the 24-month group versus six-month had an adjusted mean difference of -0.91, 95% CI (-5.02, 3.20),  $p=0.66$ ; risk-based versus six-month 0.78, 95% CI (-1.17, 2.72),  $p=0.43$ ; 24-month versus risk-based 0.07, 95% CI (-3.99, 4.12),  $p=0.97$ .

This trial found no benefit to periodontal health of a six-monthly recall compared to a risk-based or 24-month recall.