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*