

# BDJ Team CPD



## CPD questions April 2020

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### Article: Charcoal-based mouthwashes: a literature review



1. What percentage of the products identified in this paper contained fluoride?

- A. 100%
- B. 13.9%
- C. 27.2%
- D. 73.9%

2. The maximum threshold of time to rinse with charcoal-based mouthwashes:

- A. is given as two minutes
- B. has not been provided to the consumer
- C. is advised to be 5-7 minutes
- D. should not exceed 12 minutes

3. In relation to charcoal-based mouthwashes and gingival health:

- A. there is evidence of improved plaque control
- B. charcoal particles easily lodge and remain in periodontal pockets
- C. it remains unclear whether habitual rinsing leads to complete clearance of its charcoal particles
- D. they are contra-indicated after periodontal surgery

4. This review of the literature concludes that the use of charcoal-containing mouthwashes:

- A. reduces caries
- B. improves halitosis
- C. shows anti-periodontal effects
- D. none of the above

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