



MONTHLY E-UPDATE

December 2014

Oil Pulling Quick Poll Results

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We would like to share the results of our recent poll on the practice of oil pulling. We had 733 responses and almost 70% of respondents reported having heard about this procedure. This report will give the results for the **504** who had heard of oil pulling.

For those respondents who were familiar with the practice, 47% did not have any patients in the past 3 months who used oil pulling as a method of oral hygiene, 51% reported having 1-5 patients who used the method, and 2% had 5 or more patients who routinely used this approach to oral hygiene.

Only 9% of the 504 had tried oil pulling themselves and only 6% recommend it as an augmentation to other forms of oral hygiene. The most used and recommended oil was coconut oil. Other oils used include olive, sunflower, sesame, tea tree, and neem.

287 practitioners reported having at least one patient who practiced oil pulling, 76% of clinicians felt it had no effect, 20% felt it improved the oral condition of the patient, and 4% felt it had a negative effect.

Some respondents questioned the effectiveness of oil pulling, feeling it is a fad, or that 20 minutes of swishing with water would be as effective. More information and research on the practice was requested.

Click [here](#) to view the graphs with the summary of results and a list of some literature for additional information on the subject.