

The Waterpik® Water Flosser: Significantly more effective than interdental brushes for improving gingival health!

Efficacy of Water Flossing vs. Interdental Brushes.

Lyle DM, Goyal CR, Qaqish JG, Schuller R. Presented at AADR, Los Angeles, CA. March 17, 2016.

Objective

To determine the efficacy of a Waterpik® Water Flosser vs. interdental brushes for plaque and gingivitis reduction.

Methodology

Twenty-seven subjects completed this 2-week study. Subjects were assigned to one of two groups; the Waterpik® Water Flosser plus a manual toothbrush; or interdental brushes plus a manual toothbrush. All subjects brushed twice a day and used their assigned interdental cleaning device once in the evening. Gingival health was evaluated by measuring bleeding on probing (BOP) at 6-sites per tooth. Plaque removal was measured using the Rustogi Modified Navy Index, based on single use pre/post measurements.

Results

The Waterpik® Water Flosser was significantly more effective than the interdental brushes for reducing gingival bleeding. Notably, the Water Flosser was 56% more effective for reducing whole mouth bleeding. In addition, the Water Flosser group had 78% of plaque reduction from approximal areas.

Conclusion

The Waterpik® Water Flosser is highly effective for removing plaque from hard-to-reach areas and is significantly more effective than interdental brushes for improving gingival health.

