

Waterpik® Complete Care: 70% More Effective than Sonicare® FlexCare for Reducing Gingival Bleeding

The Addition of a Water Flosser to Power Toothbrushing: Effect on Bleeding, Gingivitis, and Plaque

Goyal CR, et al. The addition of a water flosser to power toothbrushing: effect on bleeding, gingivitis, and plaque. *J Clin Dent* 2012;23:57-63. Study conducted at BioSci Research Canada, Ltd., Mississauga, Ontario, Canada.

Objective

To compare the efficacy of Waterpik® Complete Care (Water Flosser and Sonic Toothbrush) vs. Sonicare® FlexCare on gingival bleeding, gingivitis and plaque removal.

Methodology

One hundred and forty subjects were enrolled in this 4 week, randomized, single blind, clinical study. Subjects were assigned to one of four groups; Group 1 used a Waterpik® Complete Care — combination Water Flosser and Sonic Toothbrush, Group 2 used a Waterpik® Sonic Toothbrush only, Group 3 used a Sonicare® FlexCare only, and Group 4 used an ADA standard manual toothbrush. Bleeding on Probing (BOP), Modified Gingival Index (MGI) and Rustogi Modified Navy Plaque Index (RMNPI) were measured at 14 days and 28 days.

Results

At 4 weeks, Waterpik® Complete Care was significantly more effective than Sonicare® FlexCare on all measures; 70% better for Gingival Bleeding, 48% better for Gingivitis, and 52% better for Plaque Removal. At 4 weeks, Waterpik® Complete Care was also significantly more effective than a manual toothbrush on all measures; 159% better for Gingival Bleeding; 135% better for Gingivitis, and 134% better for Plaque Removal.

Conclusion

The Waterpik® Complete Care regimen is up to 70% more effective than Sonicare® FlexCare and up to 159% more effective than a manual toothbrush for improving gingival health.

