

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

Comparison of Water Flosser and Interdental Brush on Reduction of Gingival Bleeding and Plaque: A Randomized Controlled Pilot Study.

Goyal CR, Lyle DM, Qaqish JG, Schuller R. J Clin Dent 2016; 27: 61-65.

Objective

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

Methodology

Twenty-eight subjects completed this 2-week study. Subjects were assigned to one of two groups: the Waterpik® Water Flosser (WF) plus a manual toothbrush or interdental brushes (IDBs) plus a manual toothbrush. Gingival health was evaluated by measuring bleeding on probing (BOP) at six sites per tooth. Plaque removal was measured using the Rustogi Modification of the Navy Plaque Index (RMNPI).

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, and 53% more effective for reducing whole mouth approximal bleeding.

Conclusion

The Waterpik® Water Flosser is significantly more effective than interdental brushes for improving gingival health.

