

# The Waterpik® Water Flosser is More Effective than String Floss for Orthodontic Patients

## The Effect of a Dental Water Jet with Orthodontic Tip on Plaque and Bleeding in Adolescent Orthodontic Patients with Fixed Appliances

Sharma NC, Lyle DM, Qaqish JG, Galustians J, Schuller R. *Am J Ortho Dentofacial Orthop* 2008; 133(4):565-571.

### Objective

To compare the use of a manual toothbrush and the Waterpik® Water Flosser with the Orthodontic Tip to manual toothbrushing and flossing with a floss threader on bleeding and plaque biofilm reductions in adolescents with fixed orthodontic appliances. A control group consisted of brushing only.

### Methodology

One hundred five adolescents with fixed orthodontics participated in this single-center, randomized study. Bleeding and plaque biofilm scores were collected at baseline and days 14 and 28.

### Results

The Waterpik® Water Flosser was over 3 times more effective than flossing and over 5 times more effective than brushing alone for the reduction of plaque biofilm. For bleeding, the Water Flosser was 26% better than flossing and 53% better than brushing alone.

### Conclusion

Adding a Waterpik® Water Flosser with the Orthodontic Tip to manual toothbrushing is significantly more effective at improving oral health in adolescent orthodontic patients than adding manual floss or brushing only.

