

# The Waterpik® Power Flosser Reduces Plaque, Bleeding, and Gingivitis as well as Dental Floss

## Clinical Evaluation of an Automatic Flossing Device vs. Manual Flossing

Shibley O, Ciancio SG, Shostad S, Mather ML, Boardman T. *J Clin Dent* 2001;12(3):63-66.

### Objective

To compare the Waterpik® power flosser to manual floss for the reduction of plaque, bleeding, and gingivitis.

### Methodology

70 subjects participated in this 30 day study. Subjects brushed twice daily and then used either the Waterpik® power floss or manual dental floss once per day. No other home care products were allowed. Plaque, bleeding, and gingivitis were evaluated at baseline and days 15 and 30.

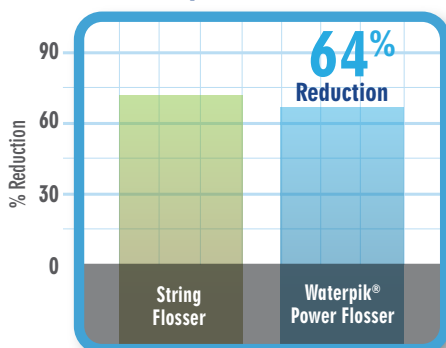
### Results

At 30 days, the Waterpik® power flosser reduced plaque, bleeding, and gingivitis as well as manual dental floss. Both showed significant reductions from baseline for all measures. There were no statistical differences between the products.

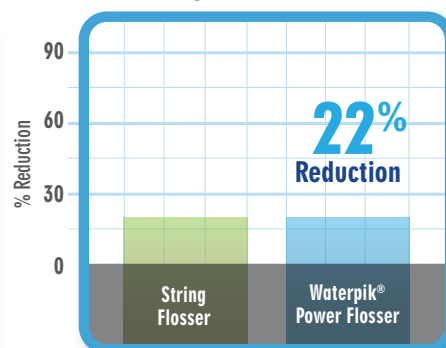
### Conclusion

The Waterpik® power flosser is an effective alternative to dental floss.

**Reduction of Gingival Bleeding**  
after using the  
**Waterpik® Power Flosser**



**Reduction of Gingival Inflammation**  
after using the  
**Waterpik® Power Flosser**



**Reduction of Plaque**  
after using the  
**Waterpik® Power Flosser**

