

# Waterpik® Water Flosser: Significantly More Effective than Sonicare® Air Floss for Reducing Gingivitis and Plaque

## Comparison of two power interdental cleaning devices on the reduction of gingivitis

Sharma NC, et al. *J Clin Dent* 2012; 23: 22-26.

### Objective

To compare the Waterpik® Water Flosser to the Sonicare® Air Floss for the reduction of gingivitis and plaque biofilm over a 4 week period.

### Methodology

Eighty-two subjects participated in this 4 week, randomized, single blind, clinical study. Subjects were assigned to one of two groups; Waterpik® Water Flosser plus a manual toothbrush; or Sonicare® Air Floss plus a manual toothbrush. Subjects were instructed on the proper use of the interdental cleaning devices based on manufacturer’s directions. Instructions on the Bass method of tooth brushing were also provided. Gingivitis scores were recorded for whole mouth, facial, and lingual using the Modified Gingival Index. Plaque scores were recorded for whole mouth, facial, lingual, marginal, and approximal regions using the Rustogi Modified Navy Index.

### Results

The Waterpik® Water Flosser was significantly more effective than Sonicare® Air Floss at reducing plaque and gingivitis for all areas measured after 4 weeks of use. The Water Flosser was 80% more effective than Air Floss for overall gingivitis reduction, and was 70% more effective for plaque reduction. Notably, the Water Flosser was twice as effective for plaque removal from lingual surfaces and more than 3 times as effective at the gingival margin vs. Air Floss.

### Conclusion

The Waterpik® Water Flosser is significantly more effective than Sonicare® Air Floss for reducing gingivitis and plaque.

