

Waterpik Water Flosser: Significantly More Effective than Sonicare® Air Floss Pro for Improving Gum Health

Efficacy of two interdental cleaning devices on clinical signs of inflammation: a four-week randomized controlled trial.

Goyal CR, Lyle DM, Qaqish JG, Schuller R. *J Clin Dent* 2015; 26:55 – 60. Study conducted at All Sum Research Center, Mississauga, Ontario, Canada.

Objective

To compare the Waterpik® Water Flosser to the Sonicare® Air Floss Pro (model HX8341) for the reduction of bleeding, gingivitis and plaque over a 4 week period.

Methodology

Sixty-nine subjects completed this 4 week, randomized, single blind, two group parallel clinical study. Subjects were assigned to one of two groups; Waterpik® Water Flosser plus a manual toothbrush; or Sonicare® Air Floss Pro plus a manual toothbrush. Subjects were instructed on the proper use of each based on manufacturer’s directions. Subjects brushed for two minutes each day and used their assigned interdental cleaning device once in the evening. Gingival health was evaluated by measuring for bleeding on probing and using the Modified Gingival Index. Plaque scores were recorded using the Rustogi Modification of the Navy Plaque Index.

Results

The Waterpik® Water Flosser was significantly more effective than the Sonicare® Air Floss Pro at reducing gingival bleeding for all areas measured. Notably, the Water Flosser was 54% more effective for reducing bleeding and 32% for reducing gingivitis compared to the Air Floss Pro at 4 weeks. The Water Flosser was also 28% more effective for reducing plaque compared to the Air Floss Pro.

Conclusion

The Waterpik® Water Flosser is significantly more effective than Sonicare® Air Floss Pro for improving gingival health.

