

Waterpik® Sonic-Fusion®: Twice as Effective as Regular Brushing & Flossing for Removing Plaque and Improving Gum Health.

Comparison of a novel sonic toothbrush to standard brushing and flossing on clinical signs of inflammation: A randomized clinical trial

Goyal CR, Qaqish, JG, Schuller R, Lyle D. Comparison of a novel sonic toothbrush with a traditional sonic toothbrush and manual brushing and flossing on plaque, gingival bleeding, and inflammation: a randomized controlled clinical trial. *Compend Contin Educ Dent.* 2018;39(suppl 2):14-22..

Objective

To determine the effectiveness of Waterpik® Sonic-Fusion® in reducing plaque and the clinical signs of inflammation as compared to standard brushing and flossing.

Methodology

This is a randomized, controlled, parallel clinical trial. Thirty five subjects were enrolled into each group. One group used Waterpik® Sonic-Fusion®, brushing for two minutes and flossing for one minute, and one group used an ADA standard toothbrush and dental floss. Gum Health was measured using bleeding on probing (BOP) and the Modified Gingival Index (MGI) at baseline, 2-weeks and 4-weeks. The Rustogi Modified Navy Plaque Index (RMNPI) scores were measured at baseline, 2-weeks and 4-weeks. All subjects were provided written and verbal instructions.

Results

Both Sonic-Fusion® and traditional brushing and flossing showed a significant reduction in plaque, BOP and MGI from baseline to 4-week ($p < 0.001$). The Waterpik® Sonic-Fusion® group was more than twice as effective than the standard brushing and flossing group for all measurements.

Conclusion

This study demonstrates that the Waterpik® Sonic-Fusion® is more than twice as effective as traditional brushing and flossing for improving oral health.

