# The Waterpik® Water Flosser: Significantly more effective than interdental brush for improving gingival health!

## Water flosser compared to interdental brush on bleeding scores and gingival abrasion

Slot DE, Lyle DM, Van der Sluijs E, Hennequin-Hoenderdos N, Van der Weijden F. J Dent Res 2018; 97(Special Iss. B): Abstract #0622 (www.iadr.org). Conducted at Academic Center for Dentistry Amsterdam (ACTA), Netherlands.

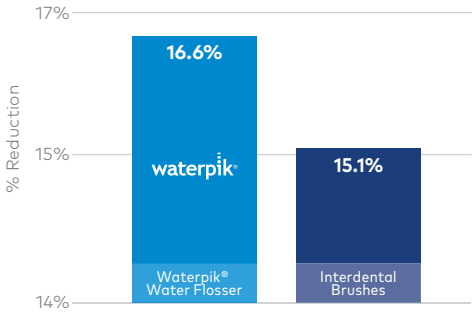
### Objective

To compare the effectiveness of a water flosser (WF) and interdental brush (IDB) on bleeding indices and gingival abrasion.

### Methodology

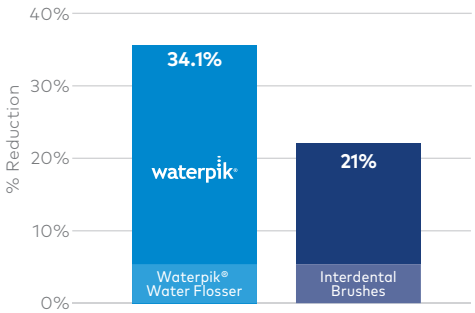
Seventy-eight subjects completed this 4-week, randomised controlled trial. Subjects were assigned to one of two groups; Waterpik® Water Flosser (WF) plus a manual toothbrush or interdental brush (IDB) plus a manual toothbrush. Gingival inflammation was evaluated by measuring Bleeding on Pocket Probing (BOPP) and Bleeding on Marginal Probing (BOMP). Data was collected on contra-lateral quadrants. The Gingival Abrasion Score (GAS) was used to compare the incidence of abrasion between the groups.

**Bleeding on Pocket Probing**
(4-week results for all sites)




Significant difference, p=0.030

**Bleeding on Marginal Probing**
(4-week results for all sites)




Significant difference, p=0.003

### Results

Both groups demonstrated a significant reduction in BOPP and BOMP from baseline to 4 weeks for all sites and interdental sites separately. The WF group was significantly more effective than the IDB group for reducing BOPP for all sites at W4 (p=0.030) and BOMP for all sites and interdental sites at W4 (p=0.003, p=0.019 respectively). There were no differences in gingival abrasion scores between the groups.

### Conclusion

The Waterpik® Water Flosser is significantly more effective than the interdental brush for improving gingival health in this clinical study.