Waterpik® Water Flosser: Significantly More Effective than String Floss for Removing Plaque

Evaluation of the Plaque Removal Efficacy of a Water Flosser Compared to String Floss in Adults After a Single Use

Goyal CR, Lyle DM, Qaqish JG, Schuller R. J Clin Dent 2013; 24(2):37–42. Study conducted at BioSci Research Canada, Ltd., 3

Objective

To compare the plaque removal efficacy of the Waterpik® Water Flosser to string floss combined with a manual toothbrush.

Methodology

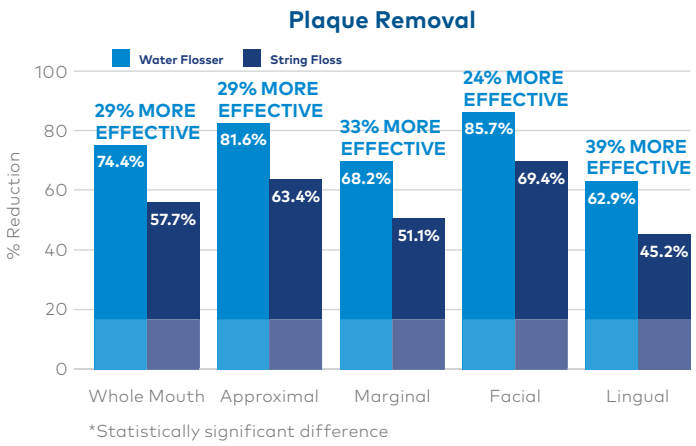
Seventy subjects participated in this randomised, single use, single blind, parallel clinical study. Subjects abstained from any oral hygiene for 23 – 25 hours prior to their appointment. Subjects were screened and assigned to one of two groups: Waterpik® Water Flosser plus a manual toothbrush, or waxed string floss plus a manual toothbrush. Instructions were provided for each product used. Each participant brushed for 2-minutes using the Bass method. Group 1 used the Water Flosser with 500 ml of warm water and Group 2 used waxed string floss cleaning all areas between the teeth. Subjects were observed to make sure they covered all areas and followed instructions. Scores were recorded for whole mouth, marginal, approximal, facial, and lingual regions for each subject using the Rustogi Modification Navy Plaque Index.

Results

The Waterpik® Water Flosser was 29% more effective than string floss for overall plaque removal, 29% for approximal surfaces, and 33% for marginal surfaces.

Conclusion

The Waterpik® Water Flosser is significantly more effective than string floss in removing plaque for all tooth surfaces.



*Statistically significant difference