

The Waterpik® Power Flosser Reduces Plaque, Bleeding, and Gingivitis as well as Dental Floss

Clinical Evaluation of an Automatic Flossing Device vs. Manual Flossing

Shibly O, Ciancio SG, Shostad S, Mather ML, Boardman T. *J Clin Dent* 2001;12(3):63-66.

Objective

To compare the Waterpik® Power Flosser to manual floss for the reduction of plaque, bleeding, and gingivitis.

Methodology

70 subjects participated in this 30 day study. Subjects brushed twice daily and then used either the Waterpik® Power Flosser or manual dental floss once per day. No other home care products were allowed. Plaque, bleeding, and gingivitis were evaluated at baseline and days 15 and 30.

Results

At 30 days, the Waterpik® Power Flosser reduced plaque, bleeding, and gingivitis as well as manual dental floss. Both showed significant reductions from baseline for all measures. There were no statistical differences between the products.

Conclusion

The Waterpik® Power Flosser is an effective alternative to dental floss.

