

# Waterpik® Sensonic® Professional Plus Toothbrush: Up to 29% More Effective than Sonicare® FlexCare for Improving Oral Health

## Comparison of Two Sonic Toothbrushes for the Reduction of Plaque, Bleeding and Gingivitis

Goyal CR, et al. Comparison of Two Sonic Toothbrushes for the Reduction of Plaque, Bleeding and Gingivitis. *J Clin Dent* 2012;23:57-63. Study conducted at BioSci Research Canada, Ltd., Mississauga, Ontario, Canada.

### Objective

To compare the use of a Waterpik® Sensonic® Professional Plus to Sonicare® FlexCare for the reduction of plaque and inflammation over a 4 week period.

### Methodology

One hundred and five subjects were randomized into one of three brushing groups; Waterpik® Sensonic® Professional Plus toothbrush, Sonicare® FlexCare toothbrush or an ADA standard manual toothbrush. During this randomized, single blind, clinical study, subjects were evaluated at baseline, 2 weeks and 4 weeks for plaque, bleeding and gingivitis. Subjects were instructed on the proper use of their assigned power device based on manufacturer’s instructions. Manual toothbrush users continued with their normal brushing technique. All subjects used the assigned ADA fluoridated toothpaste and brushed twice a day. Modified Gingival Index (MGI) and Bleeding on Probing (BOP) scores were recorded for whole mouth, facial and lingual. Plaque scores were recorded for whole mouth, facial, lingual, marginal and approximal using the Rustogi Modified Navy Plaque Index (RMNPI).

### Results

At 4 weeks the Waterpik® Sensonic® Professional Plus was 29% more effective than Sonicare® FlexCare for plaque removal. And also significantly more effective for reducing gingival bleeding and gingivitis. The Sensonic® Professional Plus was also more effective than the manual toothbrush for all areas and regions measured.

### Conclusion

The Waterpik® Sensonic® Professional Plus is significantly more effective than Sonicare® FlexCare for removing plaque and improving oral health.

