

The Waterpik® Dental Water Jet is More Effective than Floss for Orthodontic Patients

The Effect of a Dental Water Jet with Orthodontic Tip on Plaque and Bleeding in Adolescent Orthodontic Patients with Fixed Appliances

Sharma NC et al. Am J Ortho Dentofacial Orthop 2008; 133(4):565-571.

Objective

To compare the use of a manual toothbrush and the Waterpik® dental water jet with the orthodontic tip to manual toothbrushing and flossing with a floss threader on bleeding and plaque reductions in adolescents with fixed orthodontic appliances. A control group consisted of brushing only.

Methodology

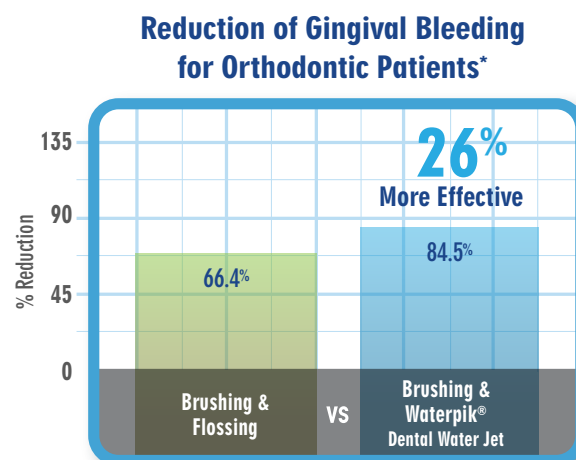
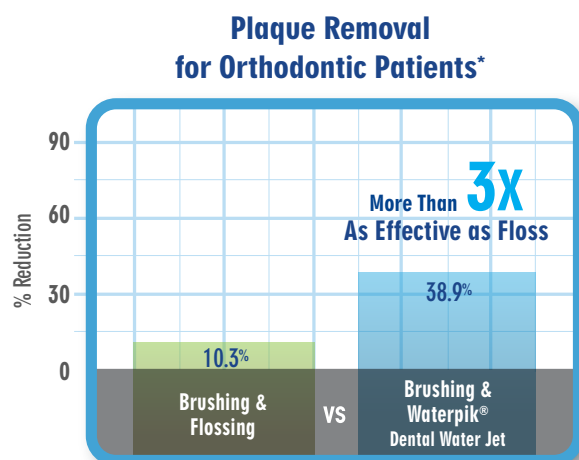
105 adolescents with fixed orthodontics participated in this single-center, randomized study. Bleeding and plaque scores were collected at baseline and days 14 and 28.

Results

The Waterpik® dental water jet was over 3 times more effective than flossing and over 5 times more effective than brushing alone for the reduction of plaque. For bleeding, the dental water jet was 26% better than flossing and 53% better than brushing alone for reducing bleeding.

Conclusion

Adding a Waterpik® dental water jet with the orthodontic tip to manual toothbrushing is *significantly* more effective at improving oral health in adolescent orthodontic patients than adding manual floss or brushing only.



*Four week data