

# Waterpik® Water Flosser: Significantly More Effective than Sonicare® Air Floss for Single Use Plaque Removal

## Comparison of two power interdental cleaning devices on plaque removal

Sharma NC, et al. *J Clin Dent* 2012; 23: 17-21.

### Objective

To evaluate the plaque removal efficacy of the Waterpik® Water Flosser and Sonicare® Air Floss combined with a manual toothbrush after a single use.

### Methodology

Eighty-two subjects participated in this randomized, single use, single blind clinical study. Subjects were assigned to one of two groups; Waterpik® Water Flosser plus a manual toothbrush, or Sonicare® Air Floss plus a manual toothbrush. Subjects were instructed on the proper use of each device based on manufacturer's directions. Instructions on the Bass method of tooth brushing were also provided. The interdental cleaning device was used first followed by a two-minute tooth brushing. Scores were recorded for whole mouth, marginal, approximal, facial, and lingual regions for each subject using the Rustogi Modified Navy Plaque Index.

### Results

The Waterpik® Water Flosser was 30% more effective than the Sonicare® Air Floss for overall plaque removal. Notably, the Water Flosser was 45% more effective for lingual surfaces and 60% more effective at the gingival margin, areas prone to plaque and calculus accumulation.

### Conclusion

The Waterpik® Water Flosser is significantly more effective than Sonicare® Air Floss in removing plaque for all tooth surfaces.

