

# Waterpik® Water Flosser: Twice as Effective as String Floss for Reducing Gingival Bleeding

## The Effect of Different Interdental Cleaning Devices on Gingival Bleeding

Rosema NAM, et al. *J Int Acad Periodontol* 2011; 13(1):2-10.

Study conducted at the University of Amsterdam, Academic Center for Dentistry, Amsterdam.

### Objective

To evaluate the efficacy of a manual toothbrush plus a Waterpik® Water Flosser versus a manual toothbrush plus traditional floss, to reduce gingival bleeding and plaque biofilm.

### Methodology

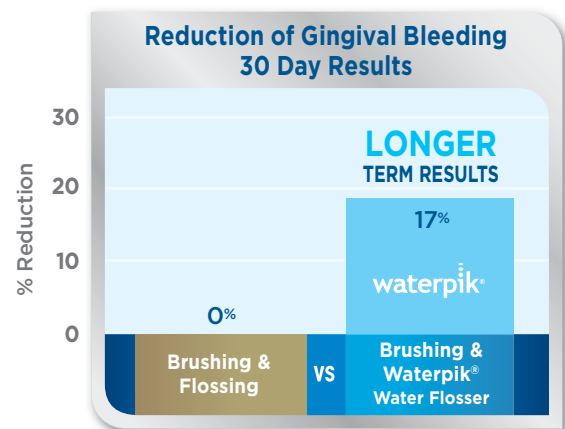
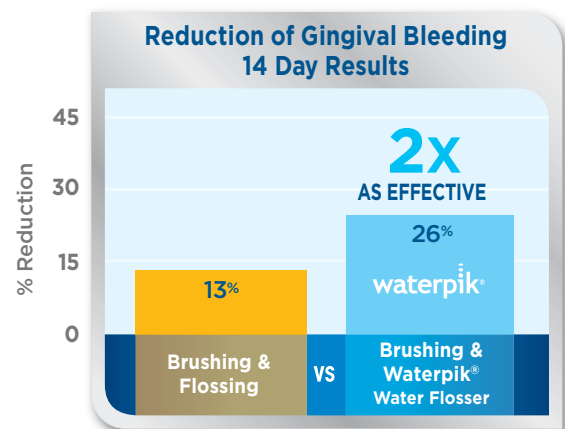
One hundred four subjects participated in this 30-day, randomized, single blind study. Group A used a Waterpik® Water Flosser with the Classic Jet Tip plus a manual toothbrush, Group B used a Waterpik® Water Flosser with the Plaque Seeker® Tip plus a manual toothbrush and Group C used waxed string floss plus a manual toothbrush. Subjects brushed twice daily and used either the Water Flosser or floss once daily in the evening. Gingival bleeding and plaque biofilm were evaluated at day 14 and day 30.

### Results

After 14 days, used in conjunction with manual toothbrushing, the Waterpik® Water Flosser with the Classic Jet Tip was twice as effective as traditional floss at reducing gingival bleeding. At 30 days, the relative improvement in gingival bleeding for the Water Flosser groups was even more dramatic. There were no significant differences between the Water Flosser Classic Jet Tip and the Plaque Seeker® Tip. No differences were reported in plaque biofilm reductions between the three groups.

### Conclusion

The Waterpik® Water Flosser is a more effective alternative to traditional dental floss for reducing gingival bleeding and improving oral health.



Classic Jet Tip Data