

The Waterpik® Water Flosser: An Effective Alternative to Subgingival Antibiotic Treatment for Periodontal Maintenance Patients

Periodontal Maintenance Following Scaling and Root Planing, Comparing Minocycline Treatment to Daily Oral Irrigation with Water

Genovesi AM, Lorenzi C, Lyle DM et al. *Minerva Stomatol* 2013; 62(Suppl. 1 to NO. 12):1-9. Study conducted at the Tuscan Stomatologic Institute, Department of Dentistry, Versilia General Hospital, Lido di Camaiore (LU), Italy

Objective

Assess the efficacy of daily Water Flossing in comparison to subgingival minocycline treatment for subjects with moderate to severe periodontitis.

Methodology

In this single-center, parallel, single blind, randomized clinical study, thirty subjects with moderate to severe periodontitis were placed into a minocycline-treated group or a Water Flossing group. Scaling and root planing was carried out, and both groups received instruction on proper home-based oral hygiene. One group was administered minocycline inside their deepest periodontal pockets at the initial hygiene visit. The second group was instructed to use a Waterpik® Water Flosser once a day. Clinical and microbiological parameters were measured at baseline and repeated after 30 days.

Results

Both the Waterpik® Water Flosser and minocycline treatment groups experienced a significant reduction in all clinical parameters tested at 30 days. The Water Flosser group reduced bleeding 81% v. 76% for the minocycline group. Moreover, both procedures effectively reduced the typical parameters of periodontitis (bleeding on probing, pocket depth, and clinical attachment levels). Differences between the two therapies were not statistically significant for clinical parameters or bacterial suppression.

Conclusion

The Waterpik® Water Flosser is an effective alternative to subgingival antibiotics for periodontal maintenance patients over a 30 day period.

