

# Waterpik® Water Flossers: 51% More Effective than String Floss for Reducing Gingivitis

## Comparison of Irrigation to Floss as an Adjunct to Toothbrushing: Effect on Bleeding, Gingivitis and Supragingival Plaque

Barnes CM, et al. *J Clin Dent*, 2005; 16(3): 71-77.  
Study conducted at the University of Nebraska Medical Center, College of  
Dentistry, Lincoln, Nebraska.

### Objective

To evaluate the ability of a Waterpik® Water Flosser paired with either a power or manual toothbrush, and a manual toothbrush and floss, to reduce gingivitis, bleeding and supragingival plaque biofilm.

### Methodology

One hundred five subjects participated in this four-week study. One group used a Waterpik® Water Flosser with a manual toothbrush and a second used the Waterpik® Water Flosser with a power toothbrush. The control group used a manual toothbrush and floss. Subjects brushed twice daily and used either the Water Flosser or dental floss once daily. Plaque biofilm, bleeding, and gingivitis were evaluated at two and four weeks.

### Results

At 4 weeks, the addition of a Water Flosser resulted in significantly better oral health, regardless of toothbrush type used over manual brushing and flossing. Adding the Waterpik® Water Flosser was up to 93% better in reducing bleeding and up to 52% better at reducing gingivitis than traditional dental floss.

### Conclusion

The Waterpik® Water Flosser is an effective alternative to traditional dental floss for reducing gingivitis.

