

Waterpik™ Sensonic™ Electric Toothbrush: Up to 4x as Effective as Manual Toothbrushing at Reducing Plaque in Hard-to-Reach Areas.

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Objective

To compare the effectiveness of the Waterpik™ Sensonic™ Electric Toothbrush in reducing plaque and the clinical signs of inflammation to a manual toothbrush.

Methodology

Seventy subjects were randomized into 2 groups in this 4-week, parallel, single-blind clinical trial. The experimental group used the Sensonic™ with a full brush head, and the control group used a manual toothbrush. Both groups were told to brush twice daily for two minutes with fluoride toothpaste. They could not use interdental products or mouthrinses. Both groups were given written and verbal instructions. Plaque was also measured at baseline, 1-week, 2-week, and 4-weeks by the Rustogi Modified Navy Plaque Index (RNMPI). Gingival health was measured using bleeding on marginal probing (BOMP), and the modified gingival index (MGI) at baseline, 1-week, 2-weeks, and 4-weeks.

Results

From baseline to 4-weeks, the Sensonic™ Toothbrush was 36% more effective at whole mouth plaque reduction and more than 4x as effective at removing plaque from proximal areas compared to manual brushing. For gingival health, Sensonic™ was 61% more effective in reducing gingivitis (MGI) and more than 2x as effective at reducing bleeding (BOMP) vs manual brushing.

Improvements in gingival health began as early as 1-week with Sensonic™ showing a 43% better improvement in gingivitis and a 65% better improvement in bleeding vs. manual brushing.

Conclusion

This study demonstrates that the Waterpik™ Sensonic™ Electric Toothbrush is superior to manual toothbrush for removing plaque especially in hard-to-reach areas and improving gingival health. These results indicate that these superior improvements begin in a little as 7-days.

