

# Comparison of the Waterpik® Dental Water Jet to Dental Floss

Adding a Waterpik® dental water jet to toothbrushing can result in significantly better oral health, regardless of brush type used over manual brushing and flossing. The Waterpik® dental water jet was up to 93% better in reducing bleeding and up 52% better at reducing gingivitis than traditional dental floss.

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

Barnes CM, Russell CM, Reinhardt RA, Payne JB, Lyle DM  
*Journal of Clinical Dentistry*, 2005; 16(3):71-77.

### Objective

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

### Methodology

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

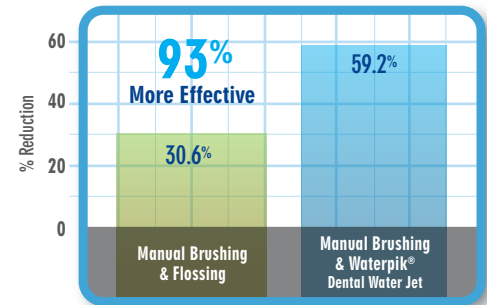
### Results

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

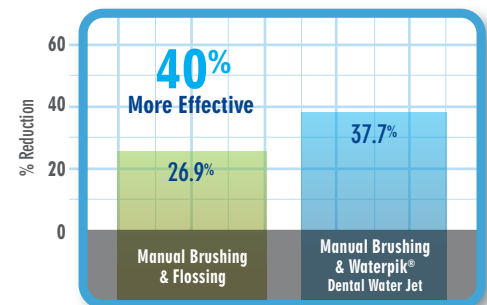
### Conclusion

The Waterpik® dental water jet is an *effective alternative* to traditional dental floss for reducing bleeding, plaque, and gingivitis; especially for those who cannot or will not floss.

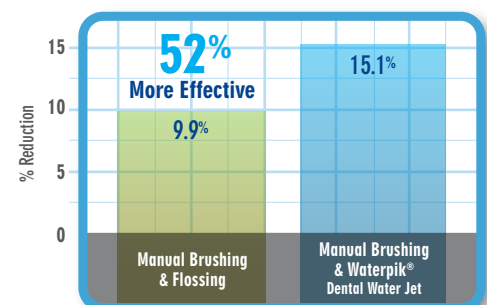
Reduction of Gingival Bleeding—Facial



Reduction of Gingival Bleeding—Lingual



Reduction of Gingival Inflammation—Facial



Reduction of Gingival Inflammation—Lingual

