

# Compliance

*in vivo study*

## Comparison of brushing compliance with Sonicare Xtreme e3000 Series versus a manual toothbrush in preteens and teens

Milleman, K, Putt M, Master A, Jenkins W, Souza S, Sturm D. Brushing Duration of Manual Versus Sonic Toothbrushes in Preteens/Teens. *J Dent Res* 85 (spec Iss B): 1306, 2006

Objective	To compare the brushing compliance in preteens and teens with Sonicare Xtreme versus a manual toothbrush.
Methodology	Eighty-two healthy subjects with an average age of 14.35 years were enrolled in an IRB-approved randomized, parallel-design study to assess compliance in terms of brushing duration with Sonicare Xtreme and a manual toothbrush. Each toothbrush was used for two weeks at home. Subjects returned to the research facility at the end of each week, where they were asked to brush as they habitually would with the assigned toothbrush. The brushing event was supervised, video taped and duration was recorded. The repeat assessment after two weeks was performed as user habits may be more accurately reflected over a longer at-home use period. The primary end point was calculated using the observations from the third visit.
Results	Subjects brushed 30 seconds longer with Sonicare Xtreme than with manual toothbrush. Median brushing time using Sonicare Xtreme was 120 seconds versus 90 seconds using a manual toothbrush ( $p < 0.0001$ ). This corresponds to a 33% improvement in compliance with Sonicare Xtreme.
Conclusion	Preteens and teens brushed significantly longer with the Sonicare Xtreme than with a manual toothbrush.

