

Plaque Removal

in vivo study

Comparison of plaque removal by Sonicare FlexCare and Sonicare Elite

Milleman J, Putt MS, Sturm D, Master A, Jenkins W, Schmitt P, Hefti AF. A randomized, crossover study to compare plaque removal ability of Sonicare FlexCare and Elite 9000. *Compend Contin Educ Dent.* 2007; 28 (suppl 1):23-28

Objective To compare the plaque removal efficacy of the Sonicare FlexCare and Sonicare Elite power toothbrushes.

Methodology Eighty-nine healthy adults aged 19-64 years, participated in a single-blind, randomized, crossover-design study assessing the plaque removal efficacy and safety of the Sonicare FlexCare and Sonicare Elite power toothbrushes. Each toothbrush was used for one week at home for familiarization. At the end of each period, subjects presented with 24 hours of plaque accumulation and then had an assessment of plaque using the Turesky-Modified Quigley-Hein Plaque Index before and after a two-minute supervised brushing with the assigned toothbrush. Safety was assessed in oral soft tissue examinations prior to all assessments of plaque.

Results Sonicare FlexCare removed significantly more plaque than Sonicare Elite from the dentition overall ($p=0.0039$) as well as in hard-to-reach areas, i.e., the posterior teeth ($p=0.0182$) and the interproximal spaces ($p=0.0003$). Both brushes were safe to use.

Conclusion Sonicare FlexCare was found to remove significantly more plaque than Sonicare Elite when assessed over the entire dentition (overall) as well as in hard-to-reach areas.

