

Plaque Removal

in vivo study

Comparison of plaque removal for one minute brushing by Sonicare FlexCare and a manual toothbrush

Platt K, Jenkins W, Schmitt P, Sturm D, Hefti A. Data on file, 2007

Objective	To compare the plaque removal efficacy and safety of the Sonicare FlexCare and a manual toothbrush when used for one minute of brushing.
Methodology	Thirty-five healthy adults aged 19-65 years, participated in a single-blind, randomized, crossover-design study assessing the plaque removal efficacy and safety of the Sonicare FlexCare and a manual toothbrush (Oral-B P-35). Subjects were trained on usage in a one minute session per encounter (15 seconds per quadrant, four times daily). 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 one 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 the manual toothbrush from the dentition overall ($p=0.0166$) as well as in hard-to-reach areas, i.e., the interproximal spaces ($p=0.0014$). Both toothbrushes were safe to use.
Conclusion	Sonicare FlexCare was found to remove significantly more plaque than a manual toothbrush when used for one minute brushing when assessed over the entire dentition (overall) as well as in the hard-to-reach areas.

