

# Plaque Removal

*in vivo study*

## Comparison of plaque removal by Sonicare FlexCare and Oral-B Sonic Complete®

Holt J, McGrady M, Jenkins W, Schmitt P, Sturm D, Hefti A. Comparative Efficacy of Two Sonic Toothbrushes on Plaque. *J Dent Res* 87 (spec Iss A): 1153, 2008

Objective	To compare the plaque removal efficacy and safety of the Sonicare FlexCare and Oral-B Sonic Complete power toothbrushes.
Methodology	One hundred forty-one healthy adults aged 19-65 years, participated in a single-blind, randomized, parallel group clinical study assessing the plaque removal efficacy and safety of the Sonicare FlexCare and Oral-B Sonic Complete power toothbrushes. Each toothbrush was used for two minutes, twice daily for one week at home for familiarization. At the end of this period, subjects presented with 24 hours of plaque accumulation, then had plaque assessment using 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 Oral-B Sonic Complete from the dentition overall ( $p=0.0071$ ) as well as in hard-to-reach areas, i.e., the posterior teeth ( $p=0.0027$ ) and the interproximal spaces ( $p=0.0042$ ). Both brushes were safe to use.
Conclusion	Sonicare FlexCare was found to remove significantly more plaque than Oral-B Sonic Complete when assessed over the entire dentition (overall) as well as in hard-to-reach areas.

