

# Plaque Removal

*in vivo study*

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

Putt M, Milleman J, Jenkins W, Schmitt P, Master A, Strate J. A randomized crossover-design study to investigate the plaque removal efficacy of two power toothbrushes: Philips Sonicare Flexcare and Oral-B Triumph. *Compend Contin Educ Dent* 2008 Jan-Feb;29(1):56, 58-64

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| Objective   | To compare the plaque removal efficacy of the Sonicare FlexCare and Oral-B Triumph toothbrushes.  |
| Methodology | Ninety-three healthy subjects, aged 18-60 years, participated in a single-blind, randomized, crossover-design study to assess the plaque removal efficacy and safety of the Sonicare FlexCare (ProResults brush head) and Oral-B Triumph (FlossAction brush head) power toothbrushes. Each toothbrush was used for one week at home for familiarization. At the end of each period, subjects presented with 24 hours plaque and were assessed using the Turesky-Modified Quigley-Hein Plaque Index before and after a two-minute supervised brushing session 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 Triumph from the dentition overall ( $p < 0.0001$ ) as well as in hard-to-reach areas, i.e., the posterior teeth ( $p < 0.0001$ ) and the interproximal spaces ( $p < 0.0001$ ). Both toothbrushes were safe to use.  |
| Conclusion  | Sonicare FlexCare was found to remove significantly more plaque than Oral-B Triumph when assessed over the entire dentition (overall) as well as in hard-to-reach areas.  |

