

# WATER FLOSSER



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## PURPOSE

“Water flossers were first introduced in 1962 by Lyle, a dentist. They are relatively easy to use and reduce subgingival plaque, dental calculus, bleeding on probing, probing pocket depth, and periodontal pathogens” (Mohapatra et al, 2023).



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## METHOD OF USE

“The two main actions of a water flosser are pulsation and pressure. The instrument is a power-driven device that delivers a pulsating water stream with pressure control (pressure range: 50–90 psi) to remove subgingival and interdental plaque. The combined effect of pulsation and pressure disrupts bacterial activity and removes loosely attached debris from the tooth surfaces, without damaging the tissue” (Mohapatra et al, 2023).

## VIDEO DEMOSTRATION LINK

[How to Use the Waterpik™ Cordless Advanced Water Flosser \(WP-560\)](#)  
[How to Floss with a Waterpik™ Water Flosser in 3 Simple Steps](#)

## Limitations

“Daily use of water floss for 3 weeks resulted in bacterial colonization in the nozzle and/or device with both aerobic and anaerobic, not only oral, species, that are transmitted via the water-jet (Birtl et al, 2021). It’s recommended to change tips every 3-4 months.



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## PURCHASE & COST

Amazon, Waterpik,  
Walmart, Target, etc.  
\$40-200

## REFERENCES

- Bertl, K., Edlund Johansson, P., Bruckmann, C., Leonhard, M., Davies, J. R., & Stavropoulos, A. (2021). Bacterial colonization of a power-driven water flosser during regular use. A proof-of-principle study. *Clinical and experimental dental research*, 7(5), 656–663. <https://doi.org/10.1002/cre2.393>
- Mohapatra, S., Rajpurohit, L., Mohandas, R., & Patil, S. (2023). Comparing the effectiveness of water flosser and dental floss in plaque reduction among adults: A systematic review. *Journal of Indian Society of Periodontology*, 27(6), 559–567. [https://doi.org/10.4103/jisp.jisp\\_597\\_22](https://doi.org/10.4103/jisp.jisp_597_22)