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**Liquid assets**

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For orthodontic work

Orthodontic braces bring mixed reviews, depending on who is offering an opinion. Having orthodontic treatment requires the patient to maintain outstanding oral care and with most patients being under 17, this is sometimes a difficult undertaking. Recent studies that involved a test sample of young people being offered the use of an orthodontic tip with a dental water jet and manual brush showed that use of the jet reduced their plaque over three times more than when they only used manual brushing and flossing. The dental water jet also offered an astonishing 84.5 percent improvement in reducing bleeding compared with 66.4 percent for dental floss.

Plaque biofilm removal

The exciting results that have been carried out on the Waterpik dental water jet, have shown truly impressive results in plaque biofilm removal using dental water jet technology.

A noted team of biofilm experts conducted an investigation using a scanning electron microscope (SEM) to explore at microscopic level the impact of the pulsating dental water jet on dental plaque biofilm. This study revealed the extremely significant and encouraging information that in as little as three seconds, the dental water jet, using a standard tip, removed as much as 98.9 percent of plaque from the surface of the tooth. The test was then repeated using a special orthodontic tip, and here the SEM showed 99.8 percent of plaque removal compared with untreated areas.

The conclusion

Looking at the facts and scientific evidence, the dental water jet is proving to be an evolution of technology and effectiveness in oral healthcare. The onward progress of dental hygiene aids has given patients a range of self-care devices that can be incorporated into daily care routines and offer patients some of the most fundamental and pleasant of health benefits. These include a hygienic mouth, strong and healthy teeth and gingivae, fresh breath confidence and the knowledge that they are well protected against plaque biofilm, bacteria, bleeding and a range of periodontal diseases.

1. Barnes, CM, Russell CM, Reinhardt RA et al. Comparison of irrigation to floss as an adjunct to tooth brushing: effect on bleeding, gingivitis and supragingival plaque. J Clin Dent. 2005; 16(3); 71-77