



Gum Health and Plaque Removal

in vivo study

Comparison of plaque and gingivitis reduction by Philips Sonicare FlexCare Platinum with AdaptiveClean brush head to an ADA Reference manual toothbrush

Milleman J, Milleman K, Argosino K, Mwatha A, Ward M, Souza S, Jenkins W.
Data on file, 2014

Objectives

To compare the reduction in plaque, gingivitis and gingival bleeding of Philips Sonicare FlexCare Platinum with AdaptiveClean brush head and ADA Reference manual toothbrush following two weeks of product use.

Methodology

One hundred and twenty-nine healthy adults (mean age 42.0 years, 82 female/47 male) were enrolled and randomized in this Ethics-committee approved parallel, Examiner-blinded clinical trial. Eligible subjects were non-smokers, aged 18-65 years who were routine manual toothbrush users. Enrolled participants had a minimum average plaque score of ≥ 1.8 (Lobene and Soparker Modified Quigley and Hein Plaque Index) following 3-6 hours plaque accumulation and at least 20 sites of gingival bleeding. Parameters of gum health were assessed utilizing the Modified Gingival Index (four sites per tooth) for inflammation evaluation, and the Gingival Bleeding Index (four sites per tooth) to quantify changes in bleeding over time. All enrolled subjects were dispensed study products per randomization, either Sonicare FlexCare Platinum with AdaptiveClean brush head or ADA Reference manual toothbrush. Study subjects were then to use the assigned product twice daily for a two-week home-use period. Subjects then returned to clinic with 3-6 hours plaque accumulation and underwent a final efficacy evaluation where plaque, gingival inflammation and gingival bleeding were assessed. Safety was assessed per subject report and intraoral examination. Subjects were then dismissed from study.

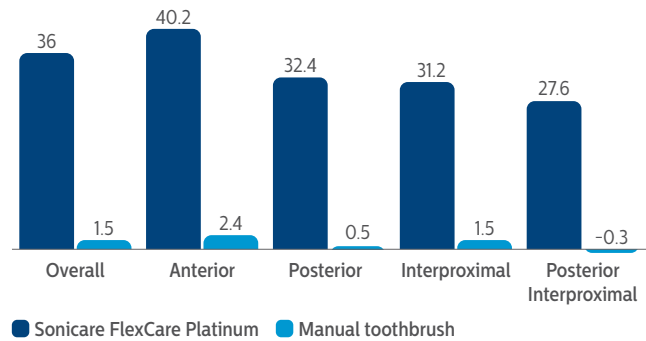
Results

Philips Sonicare FlexCare Platinum with AdaptiveClean brush head was statistically significantly superior to an ADA Reference manual toothbrush in reducing surface plaque, gingival inflammation and gingival bleeding following a two-week period of home use. All differences were significant at $p < 0.001$. There were four adverse events reported, all of which were mild in severity.

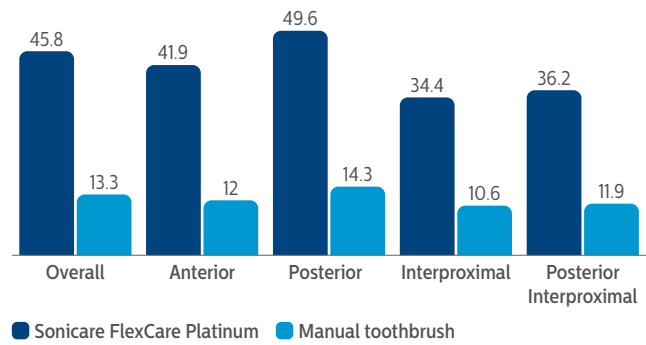
Conclusions

Philips Sonicare FlexCare Platinum was observed to be superior to ADA Reference manual toothbrush in reducing plaque, gingivitis and gingival bleeding. Both products were safe for use.

LS Means, Percent Plaque Reduction, Baseline to Week 2
% of Plaque Reduction



LS Means, Percent Reduction in Modified Gingival Index, Baseline to Week 2
% Reduction



**LS Means, Percent Reduction in Gingival Bleeding Index,
Baseline to Week 2**

% Reduction

