

Compliance

in vivo study

Brushing duration of Philips Sonicare FlexCare+ versus a manual toothbrush

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Objective	To compare the brushing duration with the Sonicare FlexCare+ versus a manual toothbrush after two weeks of home use.
Methodology	Fifty-six healthy subjects (24 females, 32 males) were enrolled in an IRB-approved randomized, parallel-design two-week study. At Visit 1, eligible subjects were randomized to either Sonicare FlexCare+ Gum Care mode or a manual toothbrush and were provided brushing instructions. They performed an on-site brushing session immediately thereafter, which was timed and video recorded from behind a one-way mirror for duration data collection. A home-use period of two weeks commenced with the assigned product in order for subjects to familiarize with the device. At Visit 2, the subjects were asked to brush with their assigned product. The recording procedure was repeated. Subjects were remunerated and dismissed. Statistical analysis was performed using the Wilcoxon signed rank test.
Results	Twenty-eight subjects were randomized to Philips Sonicare FlexCare+ and twenty-eight to a manual toothbrush. A longer median brushing duration was observed for Philips Sonicare FlexCare+ users at both time points. Sonicare FlexCare+ (180 seconds) compared to a manual toothbrush (90 seconds) at Visit 1 ($p < 0.0001$). Sonicare FlexCare+ (181 seconds) compared to a manual toothbrush (71 seconds) at Visit 2 ($p < 0.0001$).
Conclusion	Subjects brushing with Philips Sonicare FlexCare+ using Gum Care mode brushed significantly longer ($p < 0.0001$) than with a manual toothbrush following a familiarization period of two weeks.

