

The significance of bleeding on probing (BOP)

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The Waterpik® Water Flosser easily and efficiently reduces bleeding on probing

The new classification scheme for periodontal and peri-implant diseases and conditions was released in 2018, following the collaboration of the American Academy of Periodontology and the European Federation of Periodontology.

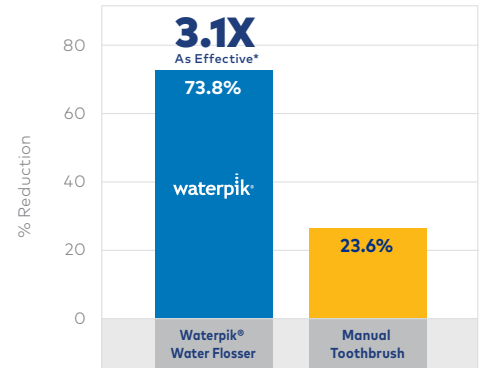
The assessment and documentation of [bleeding on probing \(BOP\)](#) sites is still an important component of the scheme.

"Monitoring health or inflammation of the gingival tissues is best documented by the parameter of bleeding on probing."

"Bleeding is an earlier sign of gingivitis than are the visual signs of inflammation (redness & swelling)."

[Lang NP, Bartold PM. 2017 World Workshop](#)

Gingival Bleeding Reduction

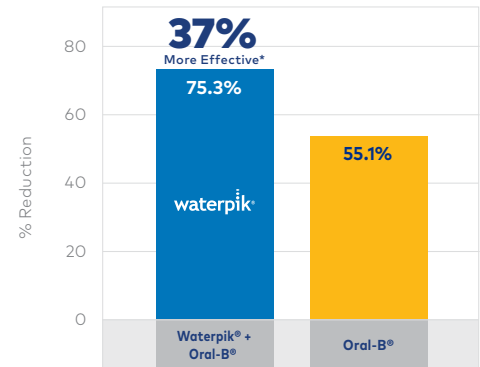


Is bleeding an indicator of disease progression?

It is commonly believed that bleeding on probing sites will eventually breakdown, but research does not support this assumption. Studies show that bleeding was unreliable in its ability to predict disease progression.

Specifically, [Lang et al.](#), found that using BOP as a predictor of periodontal breakdown was accurate 30% of the time for sites that routinely bled and even less if they bled occasionally.

Gingival Bleeding Reduction*

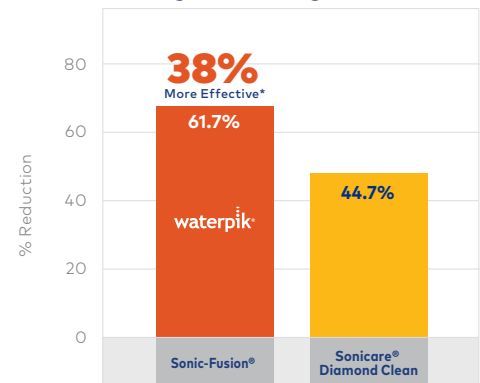


Is it important to reduce or eliminate bleeding sites?

Yes it is. Even though research showed that BOP was not a good predictor of disease progression, the [absence of bleeding](#) was a good indicator of stability.

For sites that did not bleed or rarely bled there was a 98% chance that the site would remain healthy.

Gingival Bleeding Reduction*



What is the evidence for reducing bleeding on probing?

A systematic review found that professional mechanical plaque removal had little value on reducing the incidence of gingivitis without a daily oral hygiene routine.

*Statistically significant difference, p<0.001
*whole mouth results

Tooth brushing, with a manual or power toothbrush is insufficient. The addition of a Waterpik® Water Flosser to either manual or power tooth brush [reduced bleeding sites](#):

- 3.1 times more effective compared to brushing with manual toothbrush alone
- 37% more effective compared to brushing with a oscillating-rotating toothbrush alone
- 38% more effective compared to brushing with a sonic toothbrush alone

Never used a Waterpik® Water Flosser?

Check out the [special offer](#) and let us know what you think.