

Growing Number of Patients Turn to Water Flossers as Tucson Dentist Reports Shift in Daily Oral Hygiene Habits

Tucson dentist Dr. Sarah Kym highlights increasing patient interest in water flossers as part of modern preventive dental care and improved gum health routines.

TUCSON, AZ, UNITED STATES, June 20, 2026 /EINPresswire.com/ -- A noticeable shift in daily oral hygiene habits is emerging among dental patients, with more individuals incorporating [water flossers](#) into their at-home care routines, according to a Tucson dentist.

[Dr. Sarah Kym of Prime Dental in Tucson](#) reports that patients are increasingly asking about water flossers—commonly known by the brand Waterpik—as awareness grows around their role in supporting gum health and plaque removal in hard-to-reach areas.



Logo of Tuscon dentist Prime Dental

“We are seeing more patients bring up water flossers during their visits, especially those who struggle with traditional flossing or have dental work such as bridges or implants,” said Dr. Sarah Kym. “This reflects a broader shift toward preventive care and improved daily oral hygiene habits.”

Rising Interest in Water Flossing Among Dental Patients

Water flossers use a pressurized stream of water to help remove food particles and disrupt plaque biofilm along the gumline and between teeth. Dental professionals note that while traditional floss remains a widely recommended tool, patient behavior is evolving as individuals

look for easier and more comfortable alternatives.

According to Dr. Kym, this change is particularly noticeable among patients with gum sensitivity, orthodontic appliances, and limited dexterity, who often report difficulty maintaining consistent flossing habits.

“Consistency is one of the biggest challenges in home care,” Dr. Kym explained. “Water flossers may help some patients maintain better daily cleaning routines simply because they are easier to use regularly.”

Gum Health and Preventive Dentistry Focus

Gum disease remains one of the most common oral health conditions, beginning with gingivitis caused by bacterial buildup along the gumline. If left untreated, it can progress to more advanced periodontal disease.

Dental professionals continue to emphasize that effective plaque control is essential in reducing inflammation and maintaining long-term oral health.

“Preventive care is the foundation of what we do,” said Dr. Kym. “When patients improve their daily hygiene habits, including how they clean between teeth, we often see healthier gums and reduced signs of inflammation over time.”

Why Patients Are Exploring Water Flossers



Tucson dentist Dr. Sarah Kym at Prime Dental



Dental hygienist explaining what to expect during root canal procedure at Prime Dental

Dr. Kym notes that increased patient interest appears to be driven by convenience, comfort, and improved awareness of oral-systemic health connections.

Common reasons patients inquire about water flossers include:

- 1) Difficulty using traditional string floss
- 2) Presence of dental implants, bridges, or crowns
- 3) Orthodontic treatment such as braces
- 4) History of gum inflammation or bleeding gums
- 5) Desire for a simpler daily routine

While water flossers are not considered a replacement for all forms of interdental cleaning, dental professionals increasingly view them as a helpful adjunct to brushing and routine professional care.

Supporting Overall Oral Health Through Daily Habits

Prime Dental encourages patients to adopt consistent oral hygiene routines that combine multiple approaches, including brushing twice daily, cleaning between teeth, and attending regular dental checkups.

“Small daily habits can make a significant difference over time,” Dr. Kym said. “The goal is to reduce bacterial buildup and support long-term gum health in a way that fits each patient’s lifestyle.”

As preventive dentistry continues to evolve, water flossers are becoming a more common topic of discussion in dental offices, reflecting broader changes in how patients approach home oral care.

About Prime Dental

[Prime Dental in Tucson AZ](#) is a comprehensive dental practice located in Tucson, Arizona, offering preventive, restorative, cosmetic, emergency, laser, and sedation dentistry services. Led by Tucson dentist Dr. Sarah Kym, the practice is committed to patient-centered care, education, and long-term oral health improvement through evidence-based dentistry.

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