

Gel for interdental brushes

TePe's fluoride gel offers extra protection against cavities between the teeth.

The antibacterial TePe Gingival Gel contains a powerful combination of chlorhexidine and fluoride for protection of both gums and teeth.



A guide to good oral hygiene

- Brush all tooth surfaces and gum margins twice a day with a fluoridated toothpaste.
- The mouth, like the rest of the body, needs a balanced diet so try to eat your five a day. Try to keep consumption of sugar-containing foods and drinks to meal times. Reduce the frequency of acidic and fizzy drinks. Can't find time to brush after meals? Try some sugar free gum.
- Cleaning your tongue daily can help prevent bad breath and improve your sense of taste.
- Smoking damages all aspects of your health including your teeth and gums. Giving up smoking can be extremely difficult, ask your dental care professional for advice.

Home Care Plan

Please use this space to record the oral care advice given by your oral health professional.



TePe – We care for healthy smiles

TePe has been promoting healthy smiles since 1965. At our headquarters in Malmö, Sweden, we design and produce interdental brushes, toothbrushes and other oral hygiene products that are available in more than 50 countries worldwide. All TePe products are developed in collaboration with dental expertise.

For more information: Search TePe UK

TePe Oral Hygiene Products Limited

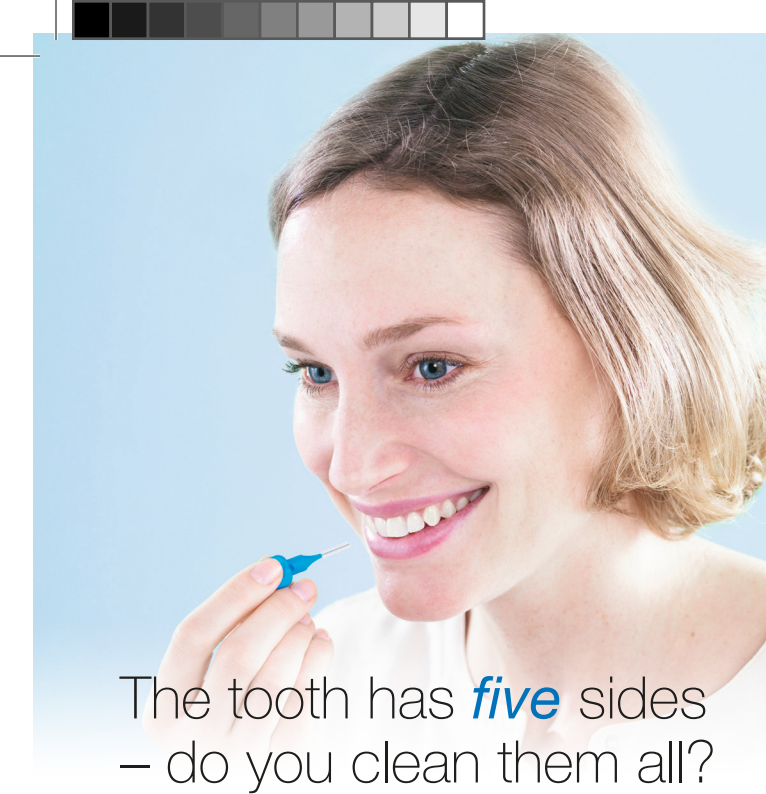
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Patient guide



Interdental cleaning





The tooth has **five** sides – do you clean them all?

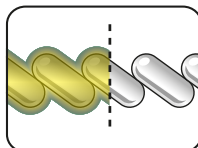
With the toothbrush you clean the front, back and biting surface of the tooth. It is easy to forget that the tooth has two more sides – between the teeth. The most common oral diseases start between the teeth. By daily interdental cleaning, both gum disease and cavities can be successfully prevented.

What is interdental cleaning?

Interdental cleaning is the removal of plaque and impacted food from between the teeth, which your normal toothbrush cannot reach. Floss and interdental brushes are both good ways of removing plaque, although many people find interdental brushes easier to use. Whichever method is chosen, interdental cleaning should be carried out at least once daily. TePe Interdental Brushes are the most recommended brand by dental professionals and are available in nine colour-coded sizes.

Are interdental brushes safe to use?

The wires used in TePe's Interdental brushes are plastic coated and safe to use on dental appliances, crowns, bridges and implants. The user-friendly handle and high quality filaments offer efficient cleaning.



TePe Interdental Brushes

TePe's wide selection of interdental brushes offers an option for every need. They are available with a short or long handle, straight or angled brush head and different filament textures. Every size has its own colour, which makes it easier to find the right one. Brushes should never be forced into a space but the bristles need to make contact with the teeth and the gums in order to remove plaque. Generally, the spaces between the teeth at the front of the mouth are smaller than those at the back. You may need to use more than one brush size.

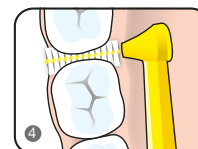
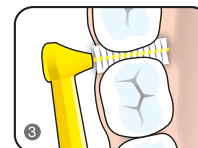
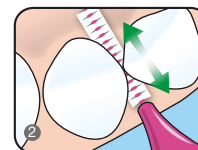
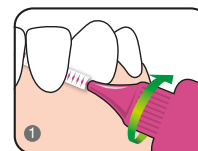
How to use TePe Interdental brushes

Front of mouth: Insert the brush into the space between teeth at gum level, turning slightly (*diag 1*). This technique aids access and prolongs the life of the brush.

Once inserted, gently move the brush backwards and forwards a few times to remove plaque and debris (*diag 2*).

Back of mouth: The new TePe Angle™ brush, with its long handle and pre-angled head, is ideal for cleaning difficult-to-reach areas such as between the teeth at the back of the mouth. The TePe Angle can be used to clean from both the tongue and cheek sides. (*diagrams 3 & 4*).

Brush care: Always rinse brush in clean water during and after use.

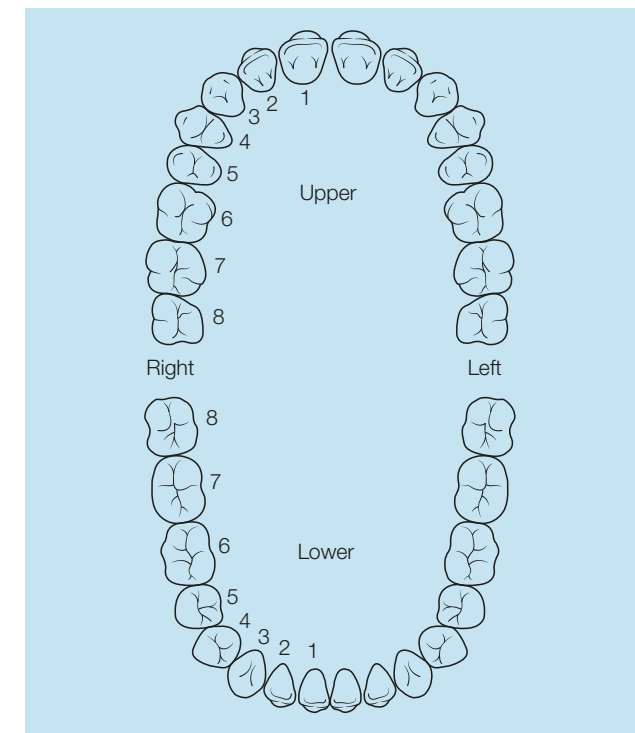


How long do interdental brushes last?

We recommend you change the brush every week or when the bristles become worn or wires become buckled or distorted. Undue force and bending at severe angles will lead to damage of the wire.

Do I stop using the TePe Interdental brushes if my gums bleed?

No. If your gums bleed on brushing, then you probably have gum disease (gingivitis). Diseased gums can bleed very easily. Regular interdental cleaning will result in healthier gums. If bleeding persists, contact your dental professional.



What brushes are suitable for me?

Use the chart above to record which colour brush fits where. The chart below details sizes available, pink being the smallest size and black the largest. Please seek the advice of your dental professional to establish the correct size(s) for you.

TePe	Pink	Orange	Red	Blue	Yellow	Green	Purple	Grey	Black
Original									
Extra soft									
Angle									