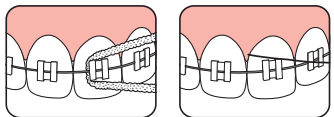


TePe Multifloss

The Multifloss has a thick, spongy part for cleaning around your braces and a regular floss part for use between the teeth.



TePe Interdental Gel with Fluoride

TePe's fluoride gel strengthens and protects your teeth against cavities. Use an angled brush or an interdental brush to apply the gel on your teeth. To make the best use of it, do not rinse after use. It is a good idea to apply the gel before going to sleep.



TePe Implant Care

Braces placed on the inside of the teeth can be cleaned with the angled brush.

Removable Appliances

Removable appliances require cleaning after every meal as do your teeth! Rinsing the plate after eating, under cold running water is important as the plate and wires will otherwise hold food debris and plaque next to your teeth, this can lead to cavities. Plaque will form on your appliance in the same way as it does on your teeth. Your dental care professional will advise you on suitable products to help keep your brace clean but brushing with a standard toothbrush, without paste, is often all that is required.



Patient guide



Looking after your orthodontic appliance: Fixed appliances



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

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Caring for your brace is critical to the success of your orthodontic treatment

Having an orthodontic appliance means that your oral hygiene routine needs to be adapted to ensure that the appliance and your teeth are kept free from bacterial plaque and food debris. Plaque bacteria is constantly forming in the mouth. It needs regular and thorough removal otherwise it can build up and damage teeth, particularly around fixed appliances where plaque rapidly accumulates.

How often do I need to clean around my brace?

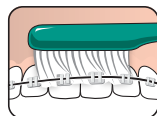
It is recommended that you brush your teeth and appliance after every meal – but, always twice a day.

Do I need to use special orthodontic brushes to clean my teeth now?

Not necessarily – some appliances can be cleaned adequately with a standard toothbrush.

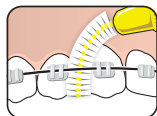
Why have I been recommended to use an orthodontic brush?

Orthodontic brushes are specifically designed with longer filaments and a smaller brush-head to make cleaning brackets and wires easier.



Why do I need to use interdental brushes?

Your dental care professional will advise you on which orthodontic aids are appropriate for you. However, interdental brushes are extremely effective and are a handy tool to remove plaque and food debris after meals.



Do I also have to use a single tufted toothbrush?

For some sites, particularly at the start of orthodontic treatment, single tufted brushes are the only effective way of plaque removal – standard brushes are too large to clean effectively.

Can I eat the same foods that I have always eaten?

Decay around the brackets can occur if your diet includes a frequent intake of sugary foods or drinks. So keep any sugary foods and drinks to mealtimes.

It may be uncomfortable to eat hard foods during the first few days after your appliance is fitted or tightened; you will find soft foods much more manageable. Sticky foods will also be more difficult to remove from your appliance, and you may need to cut fibrous foods (e.g. apples) up into smaller pieces.

Rinsing with water or fluoride mouthwash and using interdental brushes around the appliance after eating are simple but effective measures for keeping the appliance and teeth clean.

Fixed Appliances

Fixed orthodontic appliances do need additional care with cleaning but a simple and regular brushing routine combined with some minor adjustments to your diet will help ensure a healthy smile at the end of treatment.

Your dental care professional will advise you on the most suitable oral hygiene products for you to use and give you guidance on diet. The general principle behind all such advice is to keep things simple but effective. There are many specialised oral-hygiene products to help you keep your teeth and appliance clean.



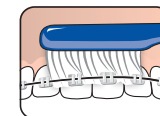
TePe Select™ Compact

Select Compact has small brush head for better access in difficult to reach areas.



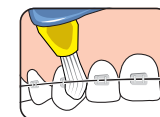
TePe Implant/Orthodontic Brush

A long, thin neck and an extra narrow brush head make this brush ideal for cleaning around orthodontic appliances.



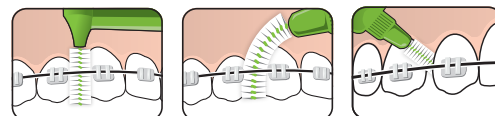
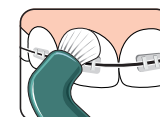
TePe Interspace™

This angled brush with a slim and tapered tuft is ideal for cleaning critical areas close to the brackets and under the wire. Interchangeable brush heads.



TePe Compact Tuft™

The single tufted brush with a dome shaped tuft is suitable for cleaning around the brackets and along the gum line.



Under the wire. Under the wire. Between the teeth.



TePe Interdental Brushes

Interdental brushes are very useful for cleaning around the brackets and under the wire. Also suitable for cleaning between the teeth if there is enough space. TePe Interdental Brushes are available in several sizes.