

## Start brushing *between* your teeth



An interdental brush cleans between the teeth, where a toothbrush does not reach. Use daily as a complement to your regular toothbrushing to keep gums and teeth healthy.

TePe's wide assortment of interdental brushes offers an option for everybody. The brushes are available with a choice of handle lengths, angles and filament texture. To fit narrow and wider interdental spaces, they come in several colour coded sizes. All sizes and models have plastic coated wire for safe use. Your hygienist/dentist can help you choose the proper size(s).



### How to brush *between* your teeth

1. Insert the brush gently between your teeth. Look in the mirror for easier use. Do not force the brush into a space, choose a smaller size if the brush is too big.
2. Move the brush full length back and forth a few times.
3. Rinse the brush in water after use. Replace it when the filaments become worn.



Patient guide



## Interdental cleaning

### TePe – We care for healthy smiles

TePe is a Swedish company manufacturing and marketing high quality oral hygiene products since 1965. All design, development and production takes place at TePe's headquarters in Malmö, Sweden. Continuous collaboration with dental expertise has made TePe a leading brand in preventive dental care products. TePe's interdental brushes, toothbrushes and dental sticks are used daily by dental professionals and consumers in more than 50 countries worldwide.

For more information visit [www.tepe.com](http://www.tepe.com)

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## 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. TePe offers a wide range of cleaning devices for efficient plaque removal between the teeth.

**!** Did you know that toothbrushing cleans only 60% of the tooth?

## Three simple steps to a healthy smile and a fresh breath:

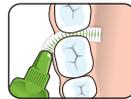
1. Brush your teeth with a toothbrush and fluoride toothpaste twice a day.
2. Clean between the teeth using an interdental brush, floss or dental stick.
3. Use a tongue cleaner to remove bacteria from the tongue.



## TePe Interdental Brushes

TePe's original range of interdental brushes are available in nine sizes to fit all interdental spaces. Every size has its own colour, which makes it easier to find the right one. All brushes come with plastic coated wire for safe use. The user-friendly handle and high quality filaments offer efficient cleaning.

A range of **extra soft** brushes is also available.



For easier access between the back teeth, it may help to curve the brush gently. Do not straighten it again; use another, straight brush for the front teeth.

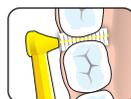


The plastic cap can be used for hygienic protection of the brush or to extend the handle.

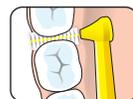


## TePe Angle™ – the angled interdental brush

This brush is angled for excellent access to all interdental spaces. The slender, angled brush head facilitates use between the back teeth and from the inside. The long, flat handle provides an ergonomic grip and makes it easy to manage. Available in six sizes, all with plastic coated wire.



Cleaning from the outside.



Cleaning from the inside.

## 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.



Unique bite plane

## Dental Floss

Choose between three floss options for optimal plaque removal. TePe Dental Floss is waxed, wide and flat.

TePe Multifloss has a stiff end for easy insertion, a thick, spongy part and a thin floss part, making it ideal for cleaning interdental spaces of varying size.

TePe Mini Flosser™ is a handy floss holder with a unique bite plane for gentle insertion.

## Dental Sticks

TePe's wooden dental sticks are triangular to fit the natural shape of the interdental space. Available in three sizes, with or without fluoride.



The extra slim plastic stick, suitable for narrow interdental spaces, has a slightly textured surface for a more efficient clean.

## TePe PlaqSearch™

Use a disclosing tablet which colours plaque to check if you have brushed properly. PlaqSearch shows both new and old plaque.

