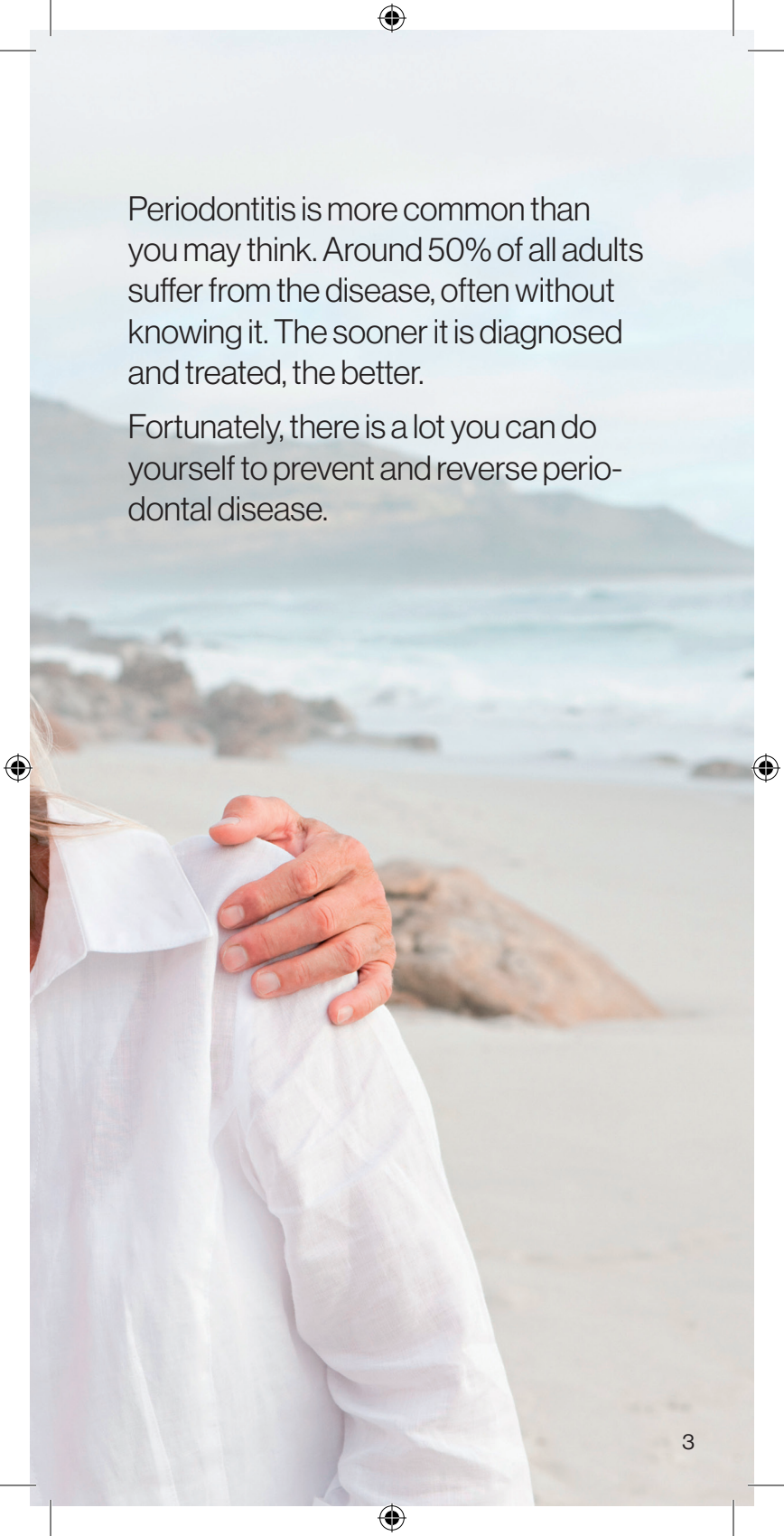




Gingivitis and periodontitis





A photograph of a person wearing a white shirt, with a hand resting on their shoulder. The background is a beach with waves and mountains in the distance. The image is framed by a light blue border with decorative corner icons.

Periodontitis is more common than you may think. Around 50% of all adults suffer from the disease, often without knowing it. The sooner it is diagnosed and treated, the better.

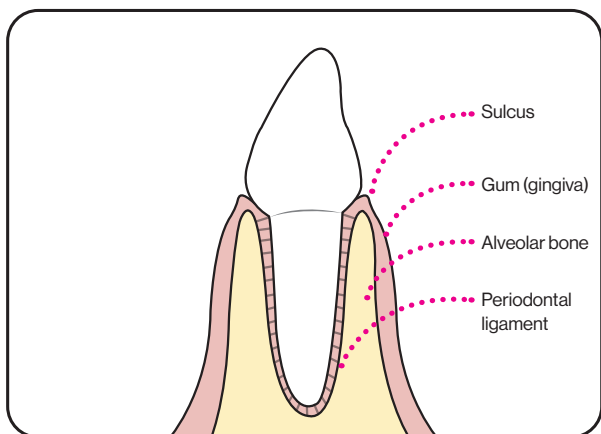
Fortunately, there is a lot you can do yourself to prevent and reverse periodontal disease.

The development of periodontal disease

Healthy gums



Healthy gums are pale, pink, and firm. There is no bleeding when you brush or clean between your teeth.



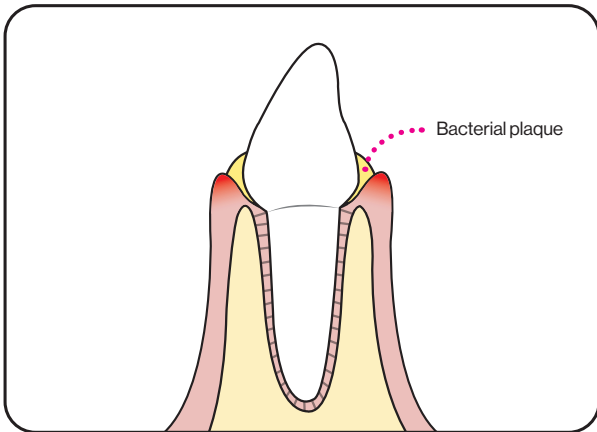
Small fibers, the periodontal ligament, hold the tooth in its socket. The gum tissue covers the bone and fits firmly around the tooth like a collar. The small crevice between the tooth and the gum tissue forms the gingival sulcus.

Gingivitis = gum inflammation
Periodontitis = loss of alveolar bone

Gum inflammation

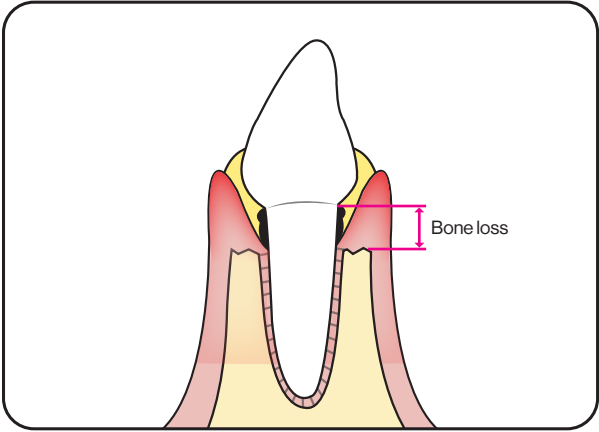


An inflamed gum tissue is characterized by redness and swelling. The gums may bleed when you brush or clean between your teeth.

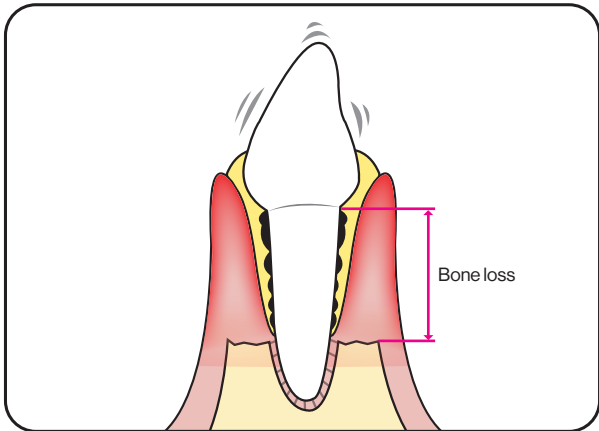


A sticky film, bacterial plaque, constantly forms on your teeth. If you don't clean properly, plaque will be left behind, especially between the teeth and along the gum line. When plaque accumulates in these areas it causes gum inflammation.

Periodontitis



If the bacterial plaque is not removed, it grows in the gingival sulcus where the toothbrush or interdental brush does not reach. On the root surface of the tooth, the plaque hardens into tartar with a raw surface where bacteria attach even easier. As the supporting bone gradually breaks down, the tooth loses more and more of its attachment. The gum inflammation has developed into periodontitis.



It is a slow process, often unnoticed and without pain. To arrest the loss of attachment, professional treatment is mandatory. Untreated, the bone loss will continue to progress. In time the tooth will become loose and in the worst case may be lost. Smoking, heredity and some systemic diseases are factors that may enhance the risk of developing periodontitis.



Prevention and treatment

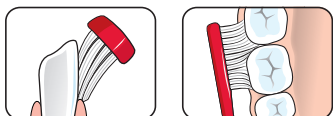
You can prevent gum inflammation and periodontitis through good oral hygiene. Periodontal disease can be hard to detect, so be observant of visible signs such as redness, swelling and bleeding gums.

If you suspect gum inflammation, contact your dental professional. The professional treatment includes deep cleaning and removal of plaque and tartar. You will also get oral hygiene advice, recommendations of suitable cleaning devices and instructions about their use.

The cooperation between you and your caregiver is of utmost importance for a successful result, even after treatment is completed. Regular checkups in combination with your own home care are crucial to prevent the problems from coming back.

Tooth brushing

Brush the inside, outside, and biting surfaces of the teeth with a toothbrush and fluoride toothpaste, every morning and every night. Angle the brush so that the filaments reach the gum line. Brush with light pressure using small movements.

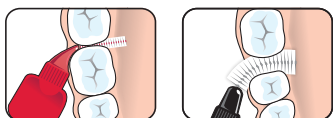


Brush between your teeth

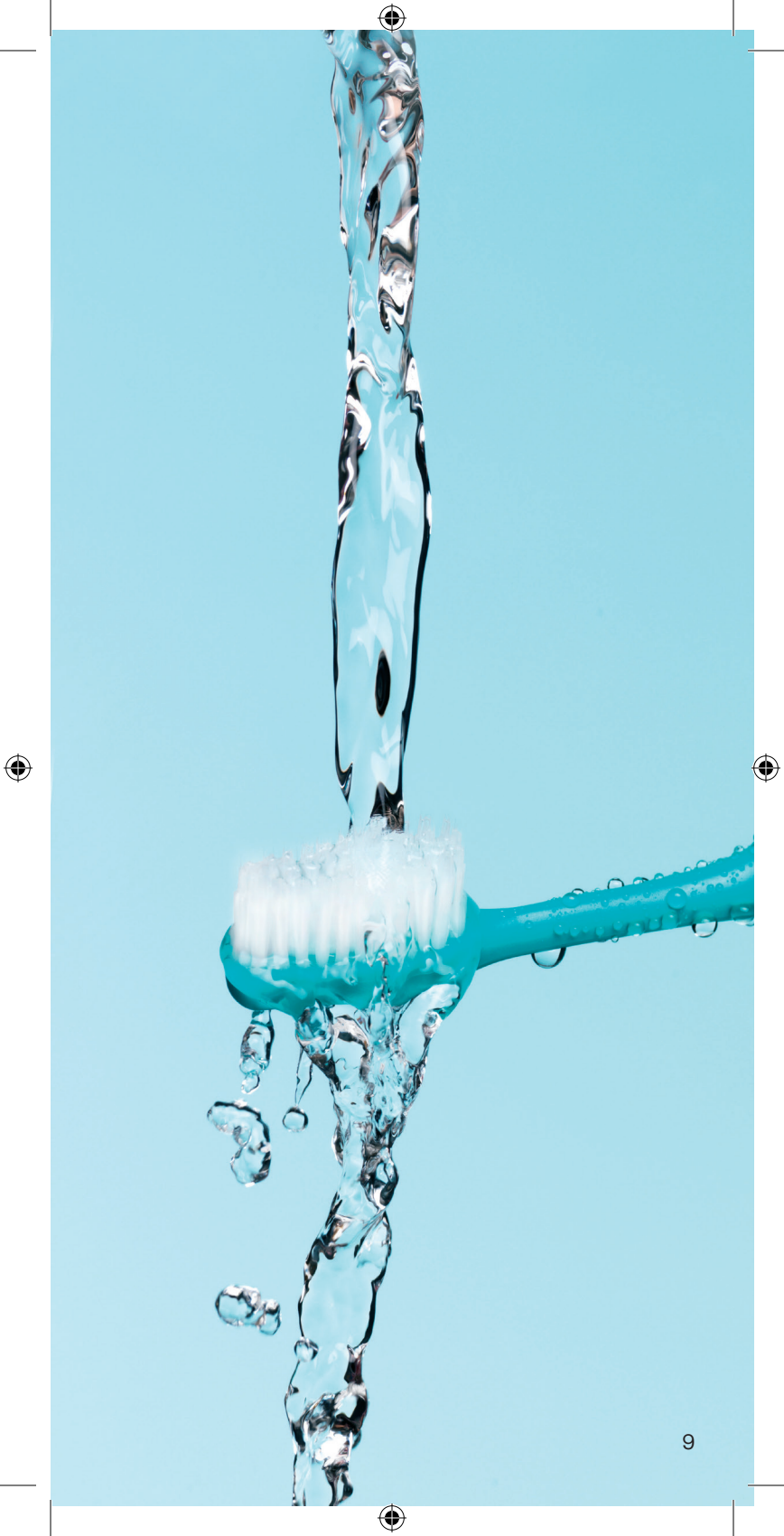
If you have gum inflammation or periodontitis, it is even more important to clean between your teeth where the toothbrush does not reach. An interdental brush is efficient and easy to use. Use every day, even if the gums are sore and bleed.

Choose the right brush size

It is important to use an interdental brush of the right size. Your dental professional can help to select the correct brush size/sizes for you.



A brush of the right size should fill the interdental space and present some resistance when inserted, but should not be forced into the space. Move the brush back and forth a few times in each interdental space. Look in the mirror for easier use.



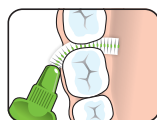
Clean between

TePe Interdental Brushes

TePe's interdental brushes are available with different designs and in many sizes. Every size has its own color to make it easier to remember which brush to use. All brushes have plastic coated wire for safe cleaning.



TePe Interdental Brush **original**



TePe Interdental Brush **extra soft**
Suitable for sensitive gums.

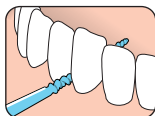


TePe Angle™ is an interdental brush with an angled brush head for easy reach between the back teeth and from the inside. The long and flat handle gives a steady grip.

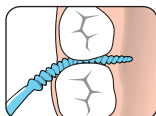


TePe EasyPick™

TePe EasyPick™ is an easy way to clean between your teeth. Silicone coated for gentle and efficient plaque removal. Available in two conical sizes to fit narrow to large interdental spaces.



Easy to insert between teeth.



Flexible for easy reach between the back teeth.



We care for healthy smiles

Interdental Brushes



Original

- 0,4 mm
- 0,45 mm
- 0,5 mm
- 0,6 mm
- 0,7 mm
- 0,8 mm
- 1,1 mm
- 1,3 mm
- 1,5 mm



Extra soft

- 0,45 mm
- 0,5 mm
- 0,6 mm
- 0,7 mm
- 0,8 mm
- 1,1 mm



Angle

- 0,4 mm
- 0,45 mm
- 0,5 mm
- 0,6 mm
- 0,7 mm
- 0,8 mm

TePe EasyPick™

- Orange XS/S
- Turquoise M/L

TePe Toothbrushes

- Supreme
- Nova, x-soft
- Nova, soft
- Nova, medium
- Select, x-soft
- Select, soft
- Select, medium
- Select Compact, x-soft
- Select Compact, soft
- Select Compact, medium

 Made in Sweden

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