



Sizing Interdental Brushes

When it comes to effectively removing dental plaque, the **size** of the interdental brush matters. TePe offers **9 different sizes**, so it is very important to guide our patients to the correct size.



5 Simple Steps to Sizing:

1. Have a TePe Interdental Brush (IDB) Practice Box or 36-packs Chairside.
2. Use your probe as a sizing indicator. The diameter of most metal probes are approximately the same diameter as the wire of the TePe **BLUE** interdental brush.
3. Move your probe in a horizontal motion through the embrasure space, like you would an interdental brush.
4. If the probe goes through the space without hitting either adjacent tooth, this indicates you need a blue interdental brush or bigger (with plenty of space, size up a couple sizes from the blue IDB).
5. If the probe is unable to pass horizontally through the embrasure space, this indicates you need a brush smaller than the blue interdental brush.

*Tips For Sizing: the plastic-coated wire of the interdental brush should pass through the embrasure space without touching either adjacent tooth, the bristles should fit snugly, there will be some resistance from the bristles, and do not force a brush into a space.

Giving Your Patients Instructions for Using the Interdental Brush:

1. Use once a day, preferably in the evening.
2. Once under the contact, move the brush full length back and forth a couple times in a horizontal motion.
3. Rinse and let air dry.



Scan the QR code to watch a more detailed video on sizing.



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