

Caring for
your gums



TePe[®]

Be good to your gums

Good oral hygiene is the key to preventing gingivitis and periodontitis, two very common oral diseases that can have a negative impact on your overall health. Use this leaflet to learn and understand more about these diseases and how you, with support from your dental professional, can prevent them.

Gingivitis:

inflammation of the gums

Periodontitis:

inflammation of the gums and bone supporting teeth

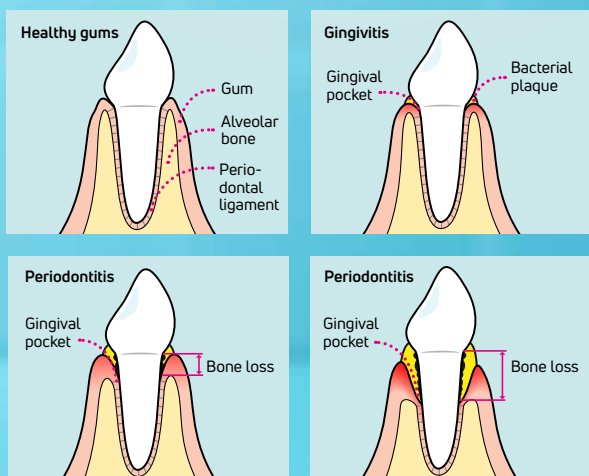


What is gingivitis?

Gingivitis is very common and occurs when bacteria builds up along the gum line and between teeth. Bacteria and food deposits form a sticky mass called plaque. It must be removed properly, or your gums will react by becoming inflamed within a few weeks. Inflamed gums look red and swollen. They might bleed when you brush or clean between your teeth. Gingivitis is a reversible disease and can be treated with proper oral care. If the plaque is thoroughly removed from all tooth surfaces, most cases of gingivitis will heal in a couple of weeks.

What is periodontitis?

If not removed, plaque can cause the gingival pocket between the tooth and gum to deepen. When plaque is left to grow in the pocket, the inflammation spreads and the alveolar bone surrounding the teeth starts breaking down. As bone loss progresses, the gingival pocket deepens even more, and the tooth will become loose – or may even be lost. It is a slow process, often unnoticed and without pain. The bone loss can't be reversed, but it can be stopped with optimal oral hygiene and professional dental treatment. Periodontitis is caused by plaque, but factors such as smoking, heredity and some systemic diseases (especially diabetes) increase the risk for developing it.



Healthy gums

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



Healthy pink gums



Inflamed gums

You and your dental professional – a good team

Most people find it hard to achieve good plaque control. A good strategy is to follow instructions developed just for you by a dental professional. Your responsibility is to clean above the gumline. Your dental professional will clean the gingival pocket and remove plaque and tartar, a rough surface of hardened plaque that bacteria attach easily to.

Working with your dental professional is critical for a successful result, especially after treatment for periodontal disease. Regular check-ups in combination with your own daily care are the keys to preventing problems from coming back.





Top tips

Clean the in-betweens

Gum disease starts between the teeth. Use an interdental (between teeth) brush to efficiently clean the spaces. A brush of the right size should fill the space and offer some resistance when inserted, but should never be forced into the space. Ask your dental professional for help finding the right brush sizes for you and tips on using them properly. If you haven't cleaned between your teeth in a while, your gums can feel sore and bleed when you start cleaning. Don't stop – bleeding is a sign of inflammation caused by plaque, so it's important to keep cleaning every day.



To reach further back in the mouth, bend the brush by pressing the flexible tip (size 0-3) or bend the wire (size 4-8).



TePe Angle™ with a longer handle makes it easier to clean further back and from the inside.

Master your brushing



Brush your teeth for at least two minutes twice a day with fluoride toothpaste.



Hold your toothbrush at a 45-degree angle to the gumline and brush the inside of teeth, followed by the outside. Finish with the biting surfaces. Brush gently and with short strokes.

Great gums kit

Toothbrushes

Choose a toothbrush with multi-level bristles for better access. TePe brushes with tapered heads make it easier to reach the back teeth.

TePe Supreme™ (1) with two-level, tapered bristles for better reach along the gumline.

TePe Nova™ (2) with a smart tip for better access to back teeth and inside surfaces.

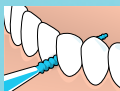
Cleaning between teeth

Put some energy into cleaning between your teeth daily and keeping your gums healthy – it will pay off!

TePe® Interdental Brush/TePe Angle™ (3) available in different sizes. For normal daily and gingivitis/periodontitis care.



TePe EasyPick™ (4) a great anywhere, anytime supplementary option for general cleaning and gingivitis care.

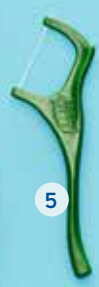


TePe GOOD Mini Flosser™ (5) pre-loaded dental floss holder for easy use, handle made from sugar cane and wood fibres.



TePe® Dental Tape (6) for very narrow spaces, glides easily without shredding.





5



4



6



2



3



3



Products for your gums



Made in Sweden

Toothbrushes



Supreme



Nova



Interdental products

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

Easypick



- XS/S
- M/L
- XL

Mini Flosser



Dental Floss



This leaflet is part of TePe Share.

Please visit www.tepeusa.com for additional educational material.

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