

Caring for  
your braces



**TePe**<sup>®</sup>

# Help your braces work their magic

Isn't it fantastic that it's possible to correct how the teeth fit together by moving them? Wearing braces isn't easy, but the time and care you're investing will be worth it. With this leaflet we want to help you to take care of your teeth and braces and have a successful orthodontic treatment.



## Bacteria easily stick to your braces

Bacteria constantly builds up along the gum line, between the teeth and on braces. The sticky build-up of bacteria is called plaque. It needs regular and thorough removal, otherwise it can harm your teeth and gums. Two things are very common in patients with braces: gum inflammation and early stage tooth decay.

## Gum inflammation (gingivitis)

Gingivitis is caused by substances from bacteria that irritate the gum. Red and swollen gums is a giveaway, and your gums may bleed when you brush. Gingivitis usually occurs where bacteria can easily gather, such as along the gumline and between teeth. The good news is gingivitis is reversible – if all plaque is thoroughly removed, most cases heal in a couple of weeks.

## Tooth decay (caries/cavities)

Caries is caused by repeated acid attacks on the teeth. Bacteria use sugars in your food for energy, and produce acids that cause damage to the enamel (the outer surface of the tooth). Plaque is one of several factors for developing caries. Eating habits and your use of teeth-protecting fluoride are very important. Initial caries, the first stage of tooth decay, is common during treatment with braces. When the braces come off, it appears as white spots on the teeth that are almost impossible to get rid of.



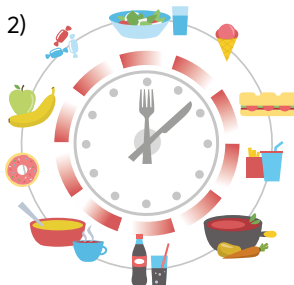
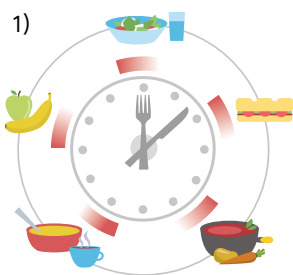


# Tips and advice

## Brace-friendly eating and drinking

It may be uncomfortable to eat hard foods during the first days after your braces are fitted or tightened. You'll find soft foods much more manageable, but bear in mind that soft, sticky foods are more difficult to remove, prolonging the acid attacks that damage your teeth. Saliva rinses and neutralises acids but needs time to work. If you don't give your mouth a break between meals, cavities will form.

- Try to limit food and drink intakes to five a day (1) and avoid snacking between meals (2).
- Drink water between meals and when you are thirsty.
- Limit unnecessary sugar and restrict sugary snacks to one day a week.



## Brush like a boss

We recommend brushing your teeth and braces at least twice a day – but even better if you also brush after lunch. A TePe brush head cap will protect your toothbrush when you bring it along.

- Use fluoride toothpaste to make your teeth stronger.
- Brush above, below and on top of the braces.



- Brush for at least two minutes.
- If you have clear aligners, use a smaller brush to clean them (compact size).

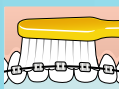


# Happy teeth and braces kit

## Toothbrushes

Daily cleaning with a regular brush is the cornerstone of good oral health, with or without braces.

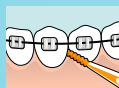
**TePe Supreme™ Compact (1)** is a toothbrush with bristles in two levels for improved access around brackets and under the wire.



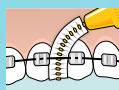
## Cleaning between teeth/under the wire

Your teeth are always moving during treatment, which means the spaces between them will vary.

**TePe EasyPick™ (2)** is conical and fits in spaces of different sizes.



**TePe® Interdental Brush/TePe Angle™ (3)** is an easy and effective option for cleaning between teeth and under the wire.



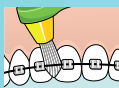
## Special brushes

Even if you use a standard toothbrush, for really clean teeth you'll also need the help of a special brush.

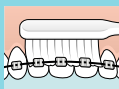
**TePe Compact Tuft™ (4)** dome-shaped brush head with dense rounded tuft for precision cleaning around brackets and retainers.



**TePe Interspace™ (5)** replaceable brush tip with flexible bristles that easily gets under the wire.



**TePe® Implant Orthodontic (6)** slim brush head for cleaning above and below the wire.



**TePe Universal Care™ (7)** the angled neck facilitates cleaning inside braces or retainers.





# Products for your braces



Made in Sweden

## Toothbrushes



Supreme Compact



Supreme



## 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

## Special brushes



Compact Tuft



Implant Orthodontic



Interspace



Universal Care



This leaflet is part of TePe Share.

Please visit [www.tepeusa.com](http://www.tepeusa.com) for additional educational material.

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