



# Using TePe® Angle Interdental Brushes

TePe Angle™ interdental brushes come in 6 different sizes, pink through green, to fit the unique spaces between your teeth. The long handle is ideal for those with poor dexterity or caregivers. It is important to use and care for your interdental brushes properly—please read below for instructions and helpful tips.



## 5 Simple Steps to Using Your Interdental Brush:

1. Use once a day, preferably in the evening.
2. To prevent your interdental brush from bending or distorting when you initially insert between teeth, slightly wiggle or do a quarter-turn.
3. Once you are completely inserted between teeth, move the brush back and forth a few times in a horizontal motion.
4. Rinse with water and let air dry.
5. Replace once the bristles start to collapse.

Scan the QR code to watch a video about TePe® Interdental Brush Original



## Tips for using your interdental Brush

When using the interdental brush look for these signs:

- ⌚ The wire should not rub either side of the surfaces you are cleaning, as this allows space for the bristles to remove plaque.
- ⌚ The bristles should fit snugly between the teeth.
- ⌚ There will be resistance from the bristles, but do not force a brush into a space
- ⌚ If you are feeling any signs of pain, move down to a smaller size.

- ⌚ The plastic-coated wire is safe to use around natural teeth, crowns, and implants.

