



Using TePe® Interdental Brushes

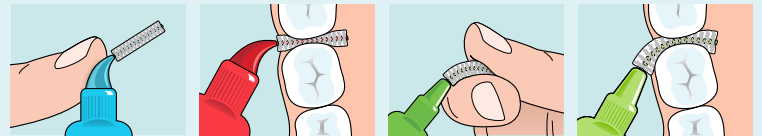
TePe Interdental Brushes come in 9 different sizes to fit the full spectrum of the unique spaces between your teeth. It is important to use and care for your TePe® Interdental Brushes properly – please read below for instructions and helpful tips.



Tips for using your interdental brush!

- ① The plastic coated wire of the interdental brush should pass between the teeth without rubbing the sides of either adjacent tooth.
- ① The bristles should fit snugly in between the teeth.
- ① There will be some resistance from the bristles, but do not force a brush into a space.

- ① If you are evoking any signs of pain, size down to a smaller size.
- ① You can put the ventilated cap onto the handle for an extra extension in length.
- ① Avoid bending the wire at a 90° angle to the neck of the brush, instead gently curve the wire to increase the longevity.



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, either wiggle or do a quarter-turn when initially inserting between teeth.
3. Once under the contact, move the brush full length back and forth a couple of 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 Brushes.

