

## Using TePe® Tongue Cleaner

TePe® Tongue Cleaner has three, slightly raised cleaning blades, allowing bacteria to be removed from the tongue with one stroke. The tapered design corresponds to the natural shape of the tongue, which reduces the gag reflex. It is important to use and care for your TePe® Tongue Cleaner properly—please read below for instructions and helpful tips.



## 5 Simple Steps to Using Your TePe® Tongue Cleaner:

- 1. Slightly stick your tongue out.
- 2. The 3 raised blades should rest against your tongue.
- 3. Start at the most posterior portion of the tongue and move to the tip of the tongue.
- 4. Apply gentle pressure sweeping over the surface of the tongue.
- 5. Rinse and let air dry.

Scan the QR code to watch a video about TePe® Tongue Cleaner



## Tips for using your TePe® Tongue Cleaner

- If you have not been routinely cleaning your tongue, it may take a few passes of the tongue cleaner to remove the layers of bacteria.
- Be sure not to press too hard and if your tongue becomes tender, be sure to let it recover and then start your tongue cleaning again.

