

## Using TePe® Interdental Brush Extra Soft

TePe® Interdental Brush Extra Soft comes in 6 different sizes, orange through purple, to fit the unique spaces between your teeth. The extra soft bristles are ideal for delicate oral tissue, after oral surgery, dry mouth, or sensitive gums and teeth. 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 dru.
- 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.
- You can put the ventilated cap onto the handle for an extra extension in length.
- Avoid bending the wire at a 90° angle to the neck of the brush, instead gently curve the wire to reach back teeth.



