



How to instructions

Choosing the right sized interdental brush.

Interdental brushes come in a variety of sizes for different spaces and applications. It is likely that you may need more than one size to suit your needs, and there is a degree of trial and error when selecting the appropriate brushes. Ideally you may get some assistance from your dental professional to find the correct match.

The correct brush will pass through the space with a moderate amount of resistance, and the bristles will gently but thoroughly clean the tooth surface either side of the space and remove debris between teeth and at the gum line.

A brush that is too small, will pass through with little resistance be not be effective, too big will not fit, or will jam and risk damaging the gum.

What is important to understand is that inflamed gum, impacted by gingivitis or periodontal disease is very prone to bleeding, even with gentle touch. It is important to try and tell the difference between bleeding caused by trauma from an oversized brush, or incorrect technique, or bleeding from general inflammation.

Continuing to clean when you experience bleeding is important to reach a stage of good gum health.

Most brands will have a numbering system and a colour code to help identify each brush. Many will sell multipacks to allow you to find the correct sizes, which makes it easier to order these specifically in the future.

The smaller the number (starting from 0 or 00) the smaller the brush. As an example, getting between teeth that are joined together by wore retainers after orthodontic treatment may require a very small brush, while areas of existing gum disease, or in spaces where a tooth has been removed, a larger brush may suit better.

1. Use the multipack or your dental professionals recommendation or samples to identify the brush size or sizes you need
2. Carefully fit the brush into the space, move it back and forth to check for appropriate fit and comfort.
3. Take note of the colour and or size of the brushes that are appropriate so you can purchase those in the future.
4. Note that not all brands use the same colour coding system, so the numbering system is more able to be replicated.

Check out these videos for more help.