



How to instructions

Choosing the right sized interdental brush.

This article helps you choose the right size interdental brush. These are small brushes that clean between teeth.

The right size

- **Right size:** it goes through the gap with a little resistance. It cleans the teeth on both sides.
- **Too small:** it slides through too easily and does not clean well.
- **Too big:** it will not fit or it gets stuck. It can hurt the gum.
- You may need more than one size. Your dental professional can help.

Sizes

- Brushes have a number and a colour. A smaller number (0 or 00) means a smaller brush.
- Colours are different between brands. Use the number to reorder.
- Small gaps, like teeth joined by a wire after braces, need a very small brush. Bigger gaps, like where a tooth is missing, need a bigger brush.

Steps

1. Use a multipack, or the size your dental professional gave you.
2. Gently put the brush in the gap. Move it back and forth. Check it fits and feels OK.
3. Write down the size number that works so you can buy it again.

Bleeding

Sore, swollen gums bleed easily, even when touched gently. Keep cleaning. The bleeding should get less as the gums get healthier. But if the brush is too big or you push too hard, this can also cause bleeding.