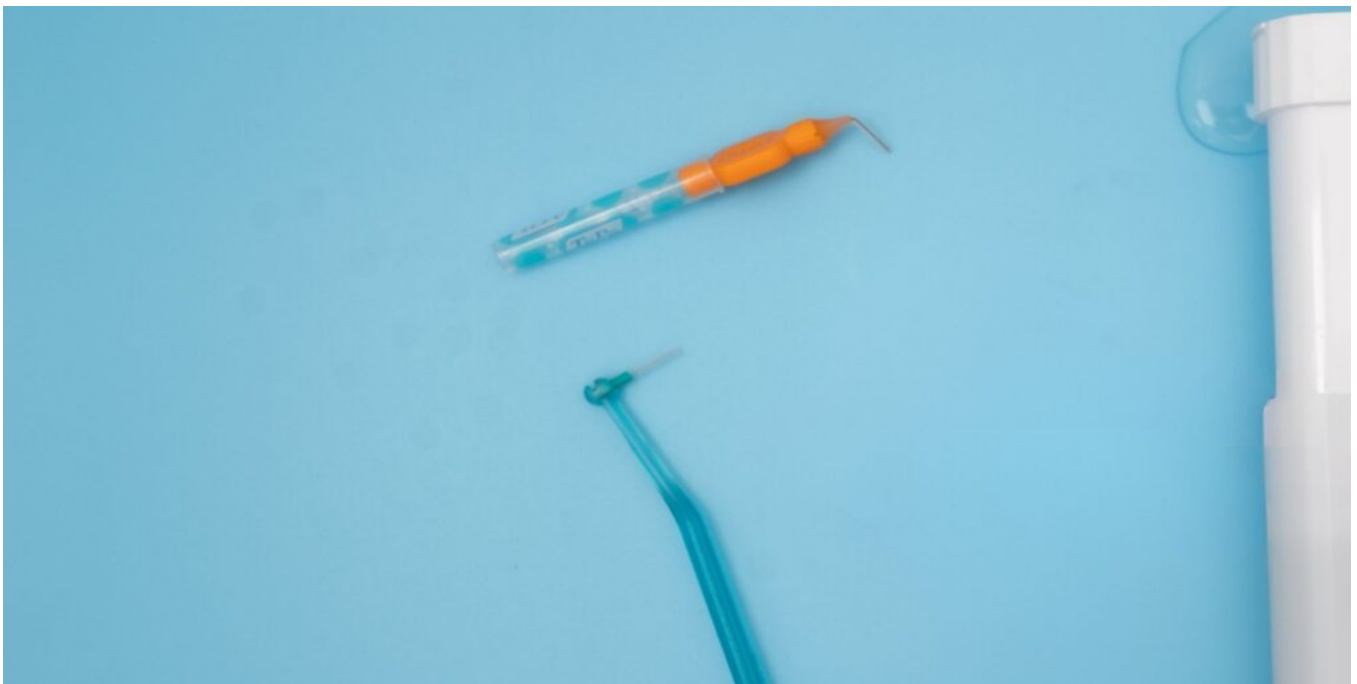




How to instructions

How to use interdental brushes in various locations



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Cleaning between teeth is made easier with interdental brushes. They are particularly effective in situations where spaces are larger, or where there are dental implants, bridges, braces or retainers. In most cases flossing still has advantages, however interdental brushes are generally easier to use, especially in situations of reduced dexterity.

With interdental brushes, the aim is to use a brush that is a snug-fit into the space between the teeth. This may take a bit of trial and error but the good news is that there are often assorted packs with various sizes available at your dentist, pharmacist, some supermarkets and online at sites such as ours. As a guide, the brush should be able to glide in between the teeth without much

resistance. It should however not be too loose in the space otherwise, it may remove food debris but it might not effectively clean the plaque/bacterial buildups off the teeth. You also should not have to force the brush in between the teeth as this may result in trauma to the soft gums.

1. Complete your normal toothbrushing routine, then choose an interdental brush that best suits the space to be cleaned. The brush should be able to move in and out between the teeth without excessive resistance or triggering discomfort. Please consult with your health professional if you are unsure what size best fits your teeth.
2. Gently pass the brush back and forth through the space, rinsing regularly with water
3. In the case of bridges, identify the bridge and pass the brush under the bridge, adjacent to the supporting teeth
4. Rinse and allow to dry, interdental brushes can be used a few times before discarding.