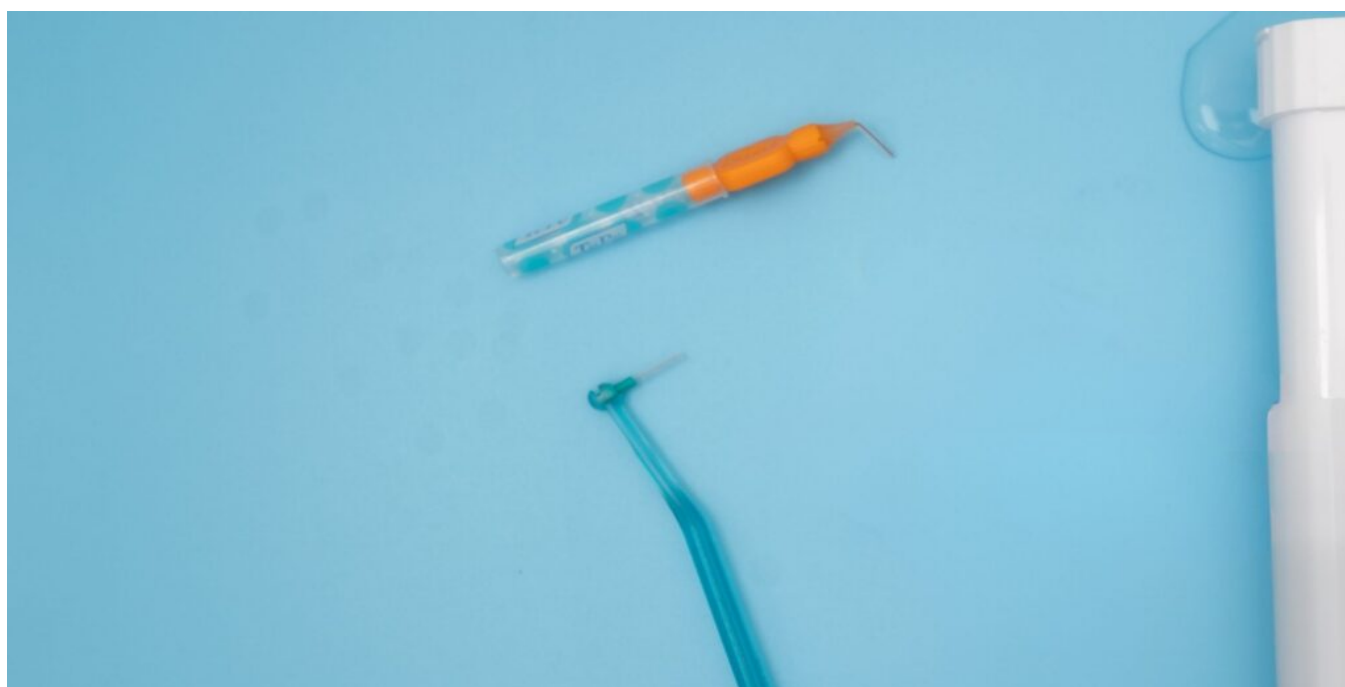




How to instructions

How to use interdental brushes in various locations



This article explains how to use interdental brushes. These are small brushes that clean between teeth.

- They work well for big gaps and around implants, bridges, braces and retainers.
- They are easier to use than floss, especially for people who have trouble using their hands.
- Choose a brush that fits snugly. It should slide in without pushing hard. If it is too loose, it will not clean plaque (germs) well. Forcing it can hurt the gums.
- You can buy mixed packs of sizes from a dentist, chemist, some supermarkets or online.

Steps

1. Brush your teeth first.
2. Choose the brush that fits the gap. Ask your dental professional if you are not sure.

3. Gently move the brush in and out of each gap. Rinse the brush in water often.
4. For a bridge, push the brush under the false tooth, next to the teeth holding it.
5. Rinse the brush and let it dry. You can use it a few times before throwing it away.