



How to instructions

The use of adapted toothbrush handles



If you are having trouble holding a manual toothbrush due to arthritis or dexterity issues, it can make brushing challenging. A weakened brushing technique reduces the effectiveness of cleaning, putting you at a higher risk of tooth decay and gum disease.

You can keep independence for longer by using some simple aids to improve your grip and control. Specially designed handles fit over specific toothbrushes to make it wider, thicker, and easier to hold. We supply a handle and brush from TePe

1. Simply slide the brush into the handle for ease of use.
2. Grip the handle and brush as normal

When your brush wears out, simply replace it, but re-use the adapter. Electric toothbrushes are also larger and easier to grip – they offer a suitable alternative for people who are having trouble using a manual toothbrush if you can tolerate the noise and vibration.

Once you have a grip – check out how to [best brush your teeth thoroughly](#).