

## Is brushing twice a day enough?

Brushing is important but its only part of the story. It is very important to clean between your teeth daily, to get to the areas of your teeth that your toothbrush cannot reach. If you do not clean between your teeth with either interdental brushes, floss or dental sticks, you may be leaving up to 40% of your tooth surfaces uncleaned. Brushing and interdental cleaning are absolutely key to helping maintain healthy teeth and gums throughout your life.

! Did you know the most common oral diseases often start between the teeth?



## What else can I do to keep my teeth and mouth healthy?

Checking the effectiveness of your brushing technique couldn't be simpler by using a plaque disclosing agent. Plaque disclosing agents contain special dyes that make it easy to see plaque. Choose a two-tone one that shows old and new plaque.



## A guide to good oral hygiene

- Brush all tooth surfaces and gum margins twice a day with a fluoridated toothpaste.
- The mouth, like the rest of the body, needs a balanced diet so try to eat your five a day. Try to keep consumption of sugar-containing foods and drinks to meal times. Reduce the frequency of acidic and fizzy drinks. Can't find time to brush after meals? Try some sugar free gum.
- Cleaning your tongue daily can help prevent bad breath and improve your sense of taste.
- Smoking damages all aspects of your health including your teeth and gums. Giving up smoking can be extremely difficult, ask your dental care professional for advice.

! Two thirds of all adults have visible plaque on their teeth even after brushing.

## TePe – We care for healthy smiles

TePe has been promoting healthy smiles since 1965. At our headquarters in Malmö, Sweden, we design and produce interdental brushes, toothbrushes and other oral hygiene products that are available in more than 50 countries worldwide. All TePe products are developed in collaboration with dental expertise.

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Patient guide



## Looking after your teeth



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# Take care of your smile!

Good oral hygiene is essential for your overall health and wellbeing. Keeping your teeth and gums healthy is simple if you get into the habit of cleaning them properly everyday and visiting your dental care professional regularly.



## How does plaque harm my teeth and gums?

The plaque bacteria interact with foods and drinks we consume, to produce acids that attack and weaken the tooth enamel (the hard, protective covering on our teeth) and cause tooth decay (to develop).

If left, plaque can also irritate the gums, causing them to become inflamed and bleed easily. This early stage of gum disease is called gingivitis.

## What can I do to avoid tooth decay and gum disease?

Keeping your teeth and gums healthy is simple if you get into the habit of cleaning them properly everyday and visiting your dental care professional regularly.

- Brush thoroughly twice a day, preferably in the morning and before bed. Every time you brush, you remove the plaque that is constantly forming on your teeth.
- Use a toothpaste that contains fluoride. Fluoride is proven to help prevent tooth decay.
- Clean between your teeth daily, using interdental aids, to remove plaque your toothbrush cannot reach.

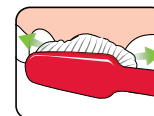
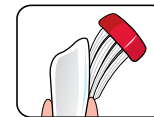
Effective brushing is the first step to maintaining healthy teeth and gums. It takes at least two minutes using a recommended technique to do a thorough job of brushing your teeth.

A good rule is to clean your teeth in the same order every time. Spending 30 seconds brushing each section of your mouth (upper right and left and lower right and left).

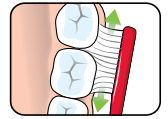
## What is an effective brushing technique?

Here is one frequently recommended tooth brushing method:

1. For the outer tooth surfaces, place the toothbrush at a 45-degree angle towards the gum line.
2. Use gentle, short strokes, moving the brush back and forth against the teeth and gums.



3. Use the same motion to clean the inner tooth surfaces.
4. To clean the inner front tooth surfaces, hold the brush upright and use gentle up and down strokes using the tip of the toothbrush.
5. Don't forget to brush along the gumline and to reach the teeth right at the back of your mouth.



Replace your toothbrush every three months or sooner if the filaments begin to look worn out.

! Did you know there are five sides to every tooth? Make sure you clean them all.

## What should I look for in a toothbrush?

- Choose a toothbrush with a small head to allow you to get to the hard-to-reach places.
- Your toothbrush should have soft to medium filaments that are gentle on your teeth and gums.
- Choose a toothbrush with a comfortable handle.



### TePe Select™

Available with a choice of head sizes (regular, compact and mini) and filament textures (extra-soft, soft and medium).



### TePe Supreme™

Filaments in two levels for improved access. A sturdy, non-slip handle with a thumb pad that provides a comfortable and secure grip.