



Simple tips for a healthy smile





Healthy teeth throughout life

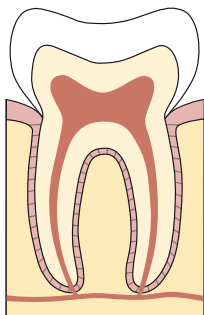
You have a lot to gain from giving your teeth a few minutes of attention every day. Research shows that oral health also affects your overall health.

Take care of your smile, and chances are good that you can keep your teeth for life.

Healthy gums and teeth

Healthy gums are light pink with a stippled surface, and fit firmly around each tooth. There is no bleeding when you brush or clean between your teeth.

It is important to brush each morning and evening. You should also attend regular checkups at your dental practice.



Simple tips for a healthy mouth

- Brush your teeth twice a day using fluoride toothpaste.
- Clean between your teeth once a day.
- Avoid snacking, and drink water when thirsty.



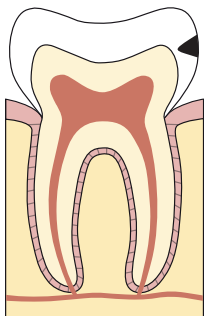
Cavities

Whenever you eat, and when you drink sweet or acidic drinks, bacteria will form acids that corrode the tooth enamel. Saliva neutralises these acids and protects your teeth to some extent, but frequent acid attacks do not give them time to recover. **1**

The enamel begins to dissolve, which gradually leads to cavities (caries).

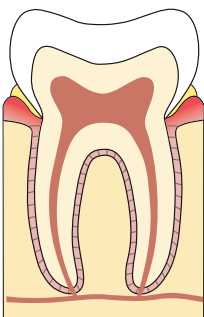
Cavities often form where it is difficult to clean properly, for example, between the teeth. It does not necessarily hurt.

If you clean carefully, use fluoride toothpaste and avoid snacking, small cavities can heal. Give your teeth time to rest between meals. **2**



Gum inflammation

If bacteria is not removed from the gum line, a sticky film – plaque – will begin to form. Plaque can cause gum inflammation (gingivitis). Redness, swelling and bleeding are signs of gingivitis. Without treatment, the inflammation can spread and affect the jawbone, meaning that the gingivitis develops into periodontitis (tooth loss).





Brushing your teeth

Daily toothbrushing removes bacteria from your teeth. Brush the inside, outside and biting surface, and make sure that you clean along the gum line.

Choose a toothbrush with soft or extra soft filaments for gentle cleaning. A tapered brush head makes it easier to reach the back teeth.

TePe's toothbrushes

- 1 TePe Select™ is available with brush heads in different sizes.
- 2 TePe Supreme™ has filaments in two levels to reach further in between teeth. Available in two brush head sizes.
- 3 TePe Nova has an easy-reach tip for increased access.

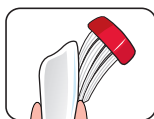
For better access, you can bend the toothbrush neck. Heat it in hot water, bend and cool in cold water.





Tips for efficient toothbrushing

- Brush with fluoride toothpaste for two minutes, twice a day.
- Hold the toothbrush at an angle of 45° against the gum line. Brush with small movements and light pressure. Brush all tooth surfaces.
- Avoid eating or drinking for two hours after brushing to make the most effective use of the fluoride's caries-preventing effect.
- Change your toothbrush regularly – at least every three months or when the filaments are worn.





Clean between

Did you know that the toothbrush only reaches three of a tooth's five surfaces? It does not reach in between the teeth, where bacteria accumulate. This is why caries and gum inflammation often start to develop between the teeth.

Cleaning between your teeth is just as important as using a toothbrush. Use dental floss, dental sticks or an interdental brush on a daily basis. Your dental hygienist or dentist can advise you on products and techniques.

If your gums start to bleed while you clean, this may be a sign of inflammation. Keep on cleaning and the bleeding will probably stop after a few days. Otherwise, contact your dental practice.



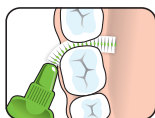
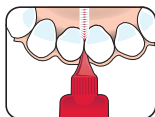
Interdental brushes

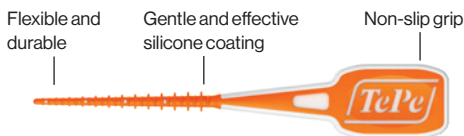
TePe offers various interdental brushes: Original **1** with a short handle in nine sizes; Angle **2** with a long handle and angled head; and extra soft **3** with especially gentle filaments.

It is important to select the correct size. You should never force the brush in between your teeth. You may need more than one brush size as the spaces between your teeth vary in size.

Tips for efficient interdental cleaning

- Use a straight brush between your front teeth. Move it back and forth a few times in each space.
- Bend the brush for improved access between the back teeth. Do not re-straighten a curved brush.
- Clean between your teeth once a day.





TePe EasyPick™

A simple and effective way to clean between your teeth. TePe EasyPick™ **1** has a non-slip grip and silicone coating for gentle cleaning. Available in two sizes, for narrow and wide interdental spaces.

Dental sticks and dental floss

When interdental spaces are very narrow, dental floss or tape **2** is often a good choice. If you find regular dental floss difficult to use, try TePe Mini Flosser™ **3**, an easy and convenient dental floss holder.

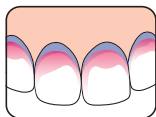


Anti-bacterial gel

TePe Gingival Gel contains **4** a combination of chlorhexidine and fluoride. Chlorhexidine is antibacterial and has an anti-plaque effect, while fluoride strengthens the tooth enamel, prevents tooth decay and protects sensitive root surfaces. It is not intended for children under 12 unless recommended by a dental professional.

Check your brushing technique

Plaque is difficult to spot, but by using TePe PlaqSearch™ **5** you can easily check that all tooth surfaces are clean. Chew a PlaqSearch tablet after cleaning your teeth. The colouration shows where you need to brush better.



New plaque is coloured red, while older plaque is coloured blue.

Tongue cleaner to prevent bad breath

Bad breath is often caused by bacteria on the tongue. A few strokes with a tongue cleaner **6** removes bacteria, prevents bad breath and improves oral health.

We care for healthy smiles

BR171071INT/Vers.4

Interdental brushes



Original

- ☐ 0.4 mm
- ☐ 0.45 mm
- ☐ 0.5 mm
- ☐ 0.6 mm
- ☐ 0.7 mm
- ☐ 0.8 mm
- ☐ 1.1 mm
- ☐ 1.3 mm
- ☐ 1.5 mm



Extra soft

- ☐ 0.45 mm
- ☐ 0.5 mm
- ☐ 0.6 mm
- ☐ 0.7 mm
- ☐ 0.8 mm
- ☐ 1.1 mm

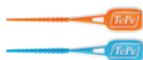


Angle

- ☐ 0.4 mm
- ☐ 0.45 mm
- ☐ 0.5 mm
- ☐ 0.6 mm
- ☐ 0.7 mm
- ☐ 0.8 mm

TePe EasyPick™

- ☐ Orange XS/S
- ☐ Turquoise M/L



Other products

- ☐ Dental Tape
- ☐ Mini Flosser
- ☐ Gingival Gel
- ☐ PlaqSearch
- ☐ Tongue cleaner



Toothbrushes

- ☐ Supreme
- ☐ Supreme Compact
- ☐ Nova, x-soft
- ☐ Nova, soft
- ☐ Nova, medium
- ☐ Select, x-soft
- ☐ Select, soft
- ☐ Select, medium
- ☐ Select Compact, x-soft
- ☐ Select Compact, soft
- ☐ Select Compact, medium
- ☐ Mini, x-soft
- ☐ Mini, soft



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