

How to use interdental brushes

- 1 Gently insert between the teeth at gum level. (Never force into a space if it starts to bend)
- 2 Move brush back and forth a few times and against the gum, try to be vigorous if possible, use interdental brushes daily. Don't be put off by any bleeding, after 7 -10 days you should not see any bleeding when using the interdental brushes.
- 3 Some brands make angled brushes (see picture); these are ideal for cleaning difficult to reach areas such as the back of the mouth.

After use, rinse the brush and replace the plastic brush cap. Interdental brushes need to be thrown away when they look worn. One brush should last 7-10 days.



Areas of use

Interdental Cleaning



Your recommended colours are:

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