

Oral Irrigators

- Irrigating devices provide a steady or pulsating stream of water under pressure through a nozzle. They are especially useful for cleaning between teeth.
- They should not be used as a substitute for tooth brushing.

Ask your dental professional before you buy one.



Remember:

- Flossing is nobody's favourite job! Sometimes, people can find it difficult and frustrating and therefore skip it altogether.
- However, the old saying "only floss the teeth you want to keep" is completely true. Interdental cleaning is AS, if not MORE, important than tooth brushing and should be performed at least once per day.
- For best results, clean in between the teeth after you have finished all of your meals for the day. That way, you go to bed with a clean and healthy mouth!



Creating Smiles with Care

Interdental Cleaning



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Cleaning Between Teeth OR Interdental Cleaning

Interdental cleaning refers to cleaning between the teeth and there are many different ways to do this. You can use:

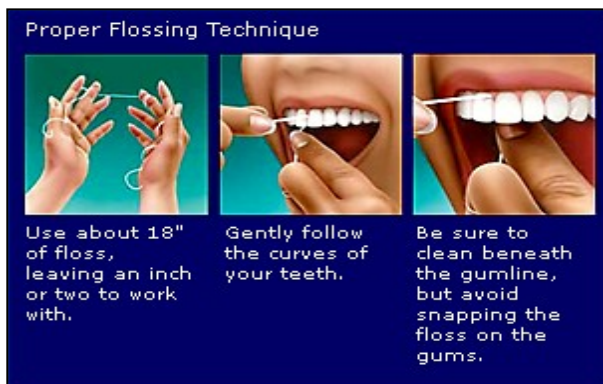
- Dental floss, including floss aids, floss threaders and implant floss
- Interdental brushes
- Dental sticks
- Irrigation devices

Decay and gum problems usually start at the contact point between the teeth because plaque and food get caught in these areas. If not cleaned out effectively, it converts to acids that attack the surface of the teeth and the layers of surrounding structures that hold the teeth in place. Tooth brushing is necessary, but it cannot reach between the teeth.

Why it is important to use dental floss?

Dental floss is the best way to clean the tooth surfaces between the teeth.

- Different types of floss are available, such as regular floss, dental tape and super floss.
- Floss is also available on a plastic holder, in the shape of a bow. It forms "the string of the bow"

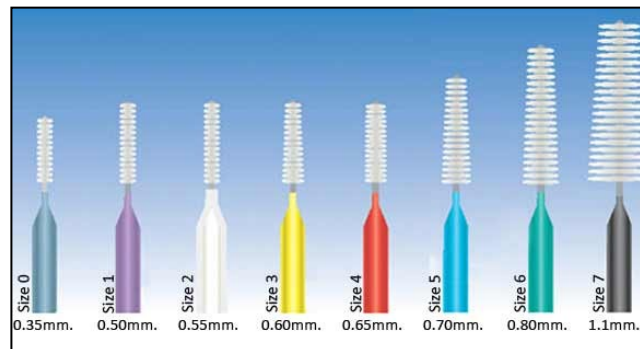


- Floss is also available on a plastic holder, in the shape of a bow. It forms "the string of the bow" and it makes flossing very manageable.



Interdental (interproximal) brushes

- These are triangular shaped small brushes, like little bottlebrushes.
- They are very useful for cleaning between the teeth.
- They fit onto a plastic handle, and are available in varying sizes.
- Gently push the brush back and forth into the spaces between the teeth.
- This interdental brush is best suited to teeth that have spaces between them, caused by gum recession.
- It is important to choose the correct size to prevent wear of the gums. Your dental professional is the best person to help you do this



Interdental picks or sticks

- These are specially designed soft wooden or plastic wedges for cleaning between teeth. They can be used after meals or at any time.
- Gently insert the stick between the teeth, then move it in and out gently to clean the teeth.
- Food trapped between the teeth can be removed with these sticks.
- They are effective for mouths where receding gums have left spaces between teeth.
- The sticks should only be used where there is sufficient space to allow the free movement of the stick between the teeth. Do not force them into position.
- They should not be used if they cause any bleeding.
- They are not suitable for children.

