

How to use interdental aids

Dental Floss

Dental Floss should be used once a day to effectively remove food debris and plaque between the teeth



- Wrap approximately 50 cm around your fingers



- Insert dental floss at the extremity of the tooth and move gently towards the gumline



- Clean both sides of the tooth and below the gum line by moving the floss back and forth. Use a clean section of floss every few teeth

Interdental brushes

In case of wider interdental spaces, it is recommended to use interdental brushes.

Interdental brushes are provided in different sizes. Be sure to use the appropriate brush size that fits your interdental spaces. You may have to use different sizes for different areas of your mouth.

Ask your dentist or dental hygienist for advice.



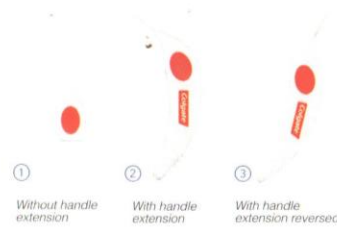
- Clean interdental spaces thoroughly before brushing teeth



- Insert the brush between the teeth near the gum line and clean with 3-4 gentle forward and backward movements
- Start with the front teeth and progress in a systematic way towards the back teeth (molars)

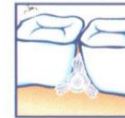
The advantages of using Colgate® Total® Interdental Brushes and Dental Floss

Colgate Total Interdental Brushes provide easy and effective cleaning of interdental spaces.



- Versatile handle can be used in different configurations, to facilitate cleaning of difficult to reach areas like the molars

- The Tri-Proxi™ bristles designed to match the natural, triangular shape of the interdental space, thereby providing effective-cleaning



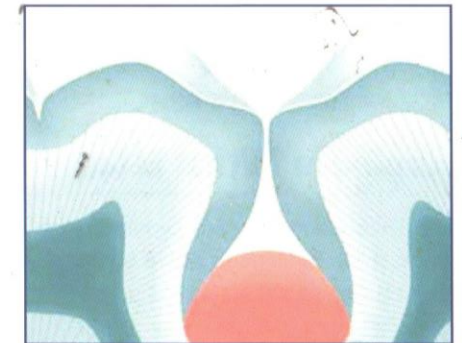
Colgate® Total® Dental Floss is a soft, shred-resistant fiber which slides easily between teeth and effectively cleans tight interdental spaces.



- Tartar Control

Interdental Cleaning For A Healthy Mouth

What you should know to make a difference in your daily oral care



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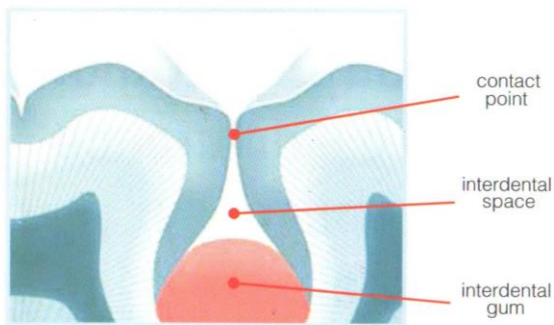
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What are interdental spaces

Interdental spaces are the areas between the teeth. Teeth are never closely joined to each other and there is always a little space between two consecutive teeth and the gum margin level.



A full set of teeth comprises of 30 different interdental spaces. Tooth areas located at the interdental level represent 40% of all dental surfaces.

Interdental spaces are generally very narrow when people are young. With age, gums tend to recess and the interdental spaces naturally get larger.

What is plaque ? What is tartar ?

Plaque is a film of bacteria which is naturally constantly forming on all teeth. Everyone's saliva contains millions of bacteria, which stick to the surface of your teeth and quickly multiply to form plaque.

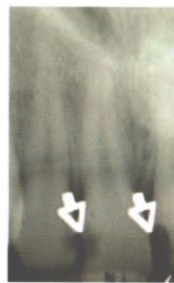
Tartar (calculus) is formed when calcium in the saliva combines with plaque to make it hard. Once tartar has combined, it can only be removed by your dentist or hygienist.

As they are less accessible than other tooth surfaces, interdental spaces are areas where plaque accumulates very easily and rapidly.

Interdental spaces are more prone to oral problems

Plaque is responsible for the two most common oral diseases: tooth decay or cavities and gum disease. As plaque accumulates easily in the interdental spaces, these areas are more likely to develop problems.

Interdental cavities generally develop at the contact point between two successive teeth. Due to their specific location, they are often more difficult to treat than cavities on the crown of the teeth.



Interdental cavities seen by radiography



Interdental cavities

Accumulation of plaque in interdental spaces can also lead to **gum problems**. Bacteria developing in the interdental spaces can attack the gum, provoking gum inflammation called gingivitis. Red, swollen gums and bleeding gums are the most visible signs of gingivitis.



Gums with gingivitis (gum inflammation)

In case of gingivitis, thorough cleaning of interdental spaces is particularly important to remove all plaque and debris responsible for inflammation.

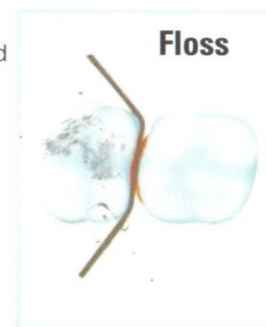
Interdental cleaning requires specific tools

Regular toothbrushes cannot clean interdental spaces effectively as their filaments do not get deeply enough between the teeth. Therefore specific aids recommended by dentists such as floss and interdental brushes are required.

Floss and interdental brushes do not have the same cleaning properties and it is therefore recommended to use both for a thorough interdental cleaning

Dental Floss

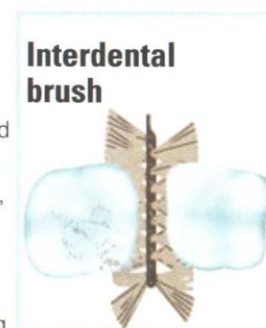
Floss is most effective for narrow interdental spaces and contact points. It will be more suitable for younger people who tend to have narrower interdental spaces.



Floss

Interdental Brushes

Interdental brushes allow thorough cleaning of larger interdental spaces. They can clean efficiently around all the curves of the teeth and are adapted for wider spaces, which make them suitable for mature people. Interdental brushes are also particularly useful for orthodontic cleaning.



Interdental brush