

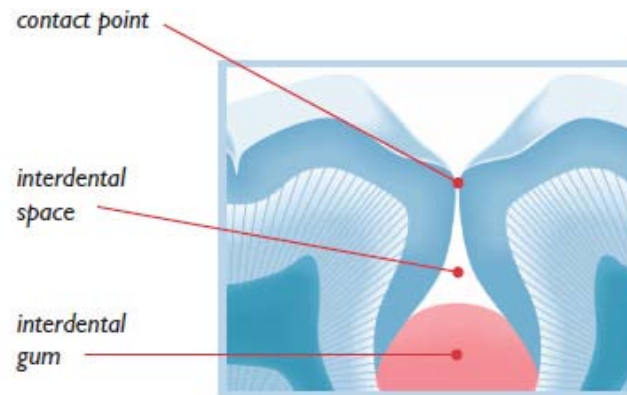
INTERDENTAL CLEANING



DR LINDA GREENWALL
& ASSOCIATES

SPECIALIST DENTAL PRACTICE

SIMPLY BRUSHING YOUR TEETH WITH A TOOTHBRUSH DOES NOT REMOVE THE PLAQUE AND FOOD FROM INBETWEEN YOUR TEETH AND UNDER THE GUM LINE; THIS CAN CAUSE TOOTH DECAY AND GUM DISEASE IF IT IS NOT EFFECTIVELY REMOVED.



- ✓ PLAQUE IS A STICKY SUBSTANCE MADE OF BACTERIA, IF IT BUILDS UP, THE BACTERIA CAN IRRITATE THE GUMS AND CAUSE INFLAMMATION (SWELLING AND BLEEDING).
- ✓ INTERDENTAL AIDS CAN HELP TO PREVENT TOOTH DECAY AND GUM DISEASE BY REMOVING PIECES OF FOOD AND PLAQUE FROM BETWEEN YOUR TEETH.

Your choice of interdental aid will depend on the shape of the interdental area and your dexterity...

DENTAL FLOSS AND TAPE

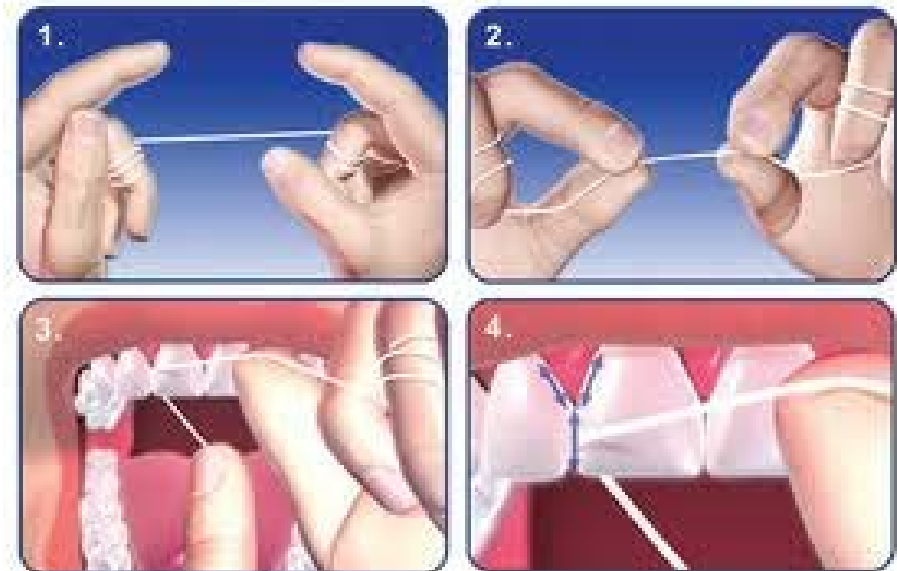
USE IN A HEALTHY MOUTH WHERE THERE ARE NARROW INTERDENTAL SPACES.



1. START WITH A SECTION OF FLOSS ABOUT THE SAME LENGTH AS YOUR FOREARM.
2. WIND THE ENDS OF THE FLOSS AROUND YOUR MIDDLE FINGERS LEAVING AN INCH OR TWO TO WORK WITH AND HOLD THE FLOSS TAUTLY BETWEEN YOUR THUMBS AND INDEX FINGERS.
3. GUIDE THE FLOSS SLOWLY THROUGH THE CONTACT POINT OF THE TEETH.
4. AT THE GUMLINE OF THE TOOTH CURVE THE FLOSS INTO A "C" SHAPE AROUND ONE TOOTH AND USE A VERTICAL UP AND DOWN MOTION ALONG THE TOOTH'S SURFACE TO REMOVE THE PLAQUE
5. REPEAT STAGE 4 AGAIN BUT ON THE APPOSING TOOTH.
6. TAKE CARE NOT TO SNAP OR FORCE THE FLOSS AS IT CAN DAMAGE THE GUM TISSUE.
7. USE A CLEAN SECTION OF FLOSS AS YOU MOVE FROM TOOTH TO TOOTH.
8. ENSURE ALL THE INTERDENTAL SPACES IN YOUR MOUTH ARE CLEANED.

FLOSS HOLDERS & FLOSSETTES

FLOSS HOLDERS AND FLOSSETTES ARE EASIER TO HOLD THAN FLOSS/TAPE.



SUPERFLOSS

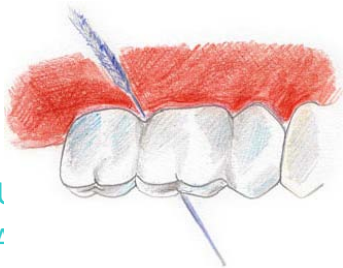
SUPER FLOSS IS SPECIALLY DESIGNED TO CLEAN UNDER BRIDGEWORK.

IT IS THICKENED AT ONE END WITH A FOAMLIKE MATERIAL THAT IS VERY EFFECTIVE IN REMOVING PLAQUE FROM UNDER A BRIDGE.

IT IS ESSENTIAL TO CLEAN UNDERNEATH BRIDGES SO THAT THE TISSUE AROUND IT STAYS CLEAN AND HEALTHY SO THE BRIDGE LASTS AS LONG AS POSSIBLE.

USE THE STIFFENED END TO THREAD THE SUPER FLOSS UNDERNEATH THE BRIDGE.

THEN USE THE PLAQUE REMOVER TO REMOVE THE PLAQUE FROM UNDER THE BRIDGE USING A GENTLE BACK AND FORTH MOTION.



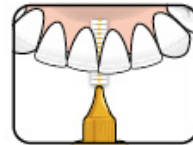
INTERDENTAL BRUSHES

INTERDENTAL BRUSHES HAVE MANY USES...

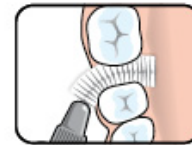
THIS BRUSH IS SHAPED LIKE A MINITURE BOTTLE BRUSH AND IS AVAILABLE IN DIFFERENT SIZES.

INTERDENTAL BRUSHES HAVE HANDLES WHICH MAKES THEM EASIER TO USE.

IT IS IMPORTANT TO SELECT THE CORRECT SIZE OF BRUSH TO FIT THE PARTICULAR INTERDENTAL SPACE TO BE CLEANED. IT SHOULD NOT GO IN THE SPACE TOO EASILY. YOUR



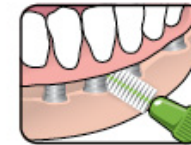
Interdental cleaning.



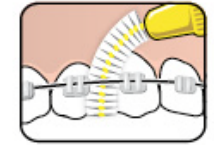
Missing tooth.



Furcation grade III.



Implants.



Orthodontic appliances.

- ✓ INSERT THE BRUSH GENTLY BETWEEN YOUR TEETH AT GUM LEVEL.
- ✓ DO NOT FORCE THE BRUSH INTO A SPACE; WORK IT IN GENTLY OR CHOOSE



