Royal Cornwall Hospitals
NHS Trust

# Daily dental hygiene

## TePe




## Wisdom Clean Between – Blue (fine)




- Line up with tip of gum between teeth
- Push gently and horizontally
- Repeat 6-8 times
- Rinse under the tap – allow to air dry
- At least once daily before brushing

## Oral B Brush




## Oral B Precision Clean



## Oral B Powertip



- Replace heads every 3 months
- Use systematically
- Rotate for 5 seconds around gum line of each tooth
- Spit, don't rinse, after brushing.

## Interspace Brush



- Specialist interspace brush if specifically recommended
- Push against the tooth
- Allow the bristles to splay out
- Push down and move between gum and tooth.

## Waterpik



- Specialist interspace water flosser if specifically recommended
- Aim the tip just above the gumline at a 90 degree angle
- Starting with the back teeth, follow the gumline and pause briefly between teeth
- Continue until all areas around and between teeth have been cleaned.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

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