

Gel for interdental brushes

The antibacterial TePe Gingival Gel contains a powerful combination of chlorhexidine and fluoride for protection of both gums and teeth.



A guide to good oral hygiene

- Brush all tooth surfaces and gum margins twice a day with a fluoridated toothpaste.
- The mouth, like the rest of the body, needs a balanced diet so try to eat your five a day. Try to keep consumption of sugar-containing foods and drinks to meal times. Reduce the frequency of acidic and fizzy drinks. Can't find time to brush after meals? Try some sugar free gum.
- Cleaning your tongue daily can help prevent bad breath and improve your sense of taste.
- Smoking damages all aspects of your health including your teeth and gums. Giving up smoking can be extremely difficult, ask your dental care professional for advice.



TePe Daily
for best results!



We care for healthy smiles

TePe has been promoting healthy smiles since 1965. At our headquarters in Malmö, Sweden, we design and produce interdental brushes, toothbrushes and other oral hygiene products that are available in more than 60 countries worldwide. All TePe products are developed in collaboration with dental expertise.

For more information: Search TePe UK

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Interdental cleaning






What is interdental cleaning?

Are interdental brushes safe to use?



TePe Interdental Brushes

How to use TePe Interdental brushes

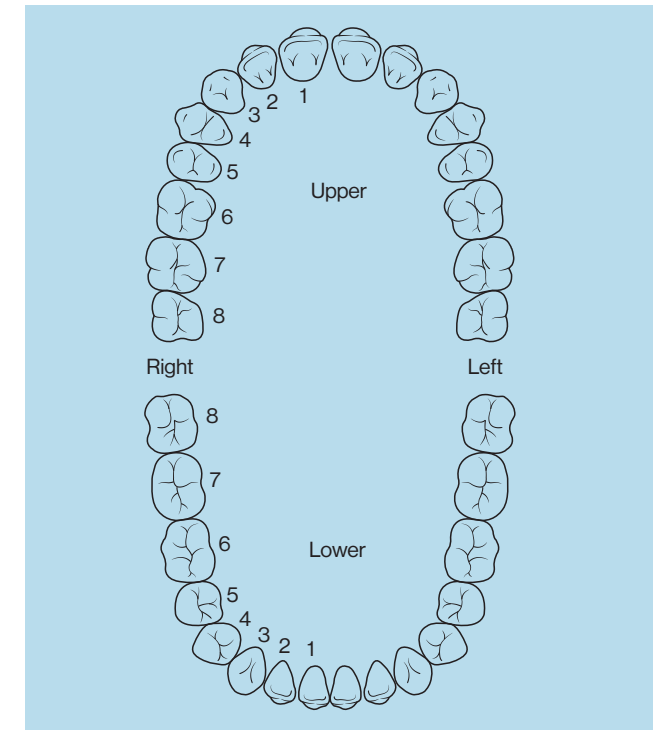


How long do interdental brushes last?

We recommend you change the brush every week or when the bristles become worn or wires become buckled or distorted. Undue force and bending at severe angles will lead to damage of the wire.














Do I stop using the TePe Interdental brushes if my gums bleed?

No. If your gums bleed on brushing, then you probably have gum disease (gingivitis). Diseased gums can bleed very easily. Regular interdental cleaning will result in healthier gums. If bleeding persists, contact your dental professional.



What brushes are suitable for me?

Use the chart above to record which colour brush fits where. The chart below details sizes available, pink being the smallest size and black the largest. Please seek the advice of your dental professional to establish the correct size(s) for you.

	Pink	Orange	Red	Blue	Yellow	Green	Purple	Grey	Black
Original									
Extra soft									
Angle	