

Caring for oral health

- A Pharmacist's Guide







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Good reasons to recommend TePe

All TePe's products are developed with the aim of facilitating and improving daily oral hygiene care. Dental professionals confidently recommend TePe thanks to the high product quality and the many possibilities for an individually tailored self-care.



Made in Sweden

Products of high quality and good value, developed, designed and produced in Sweden.



Dental expertise

The entire range is carefully developed in close collaboration with dental experts.



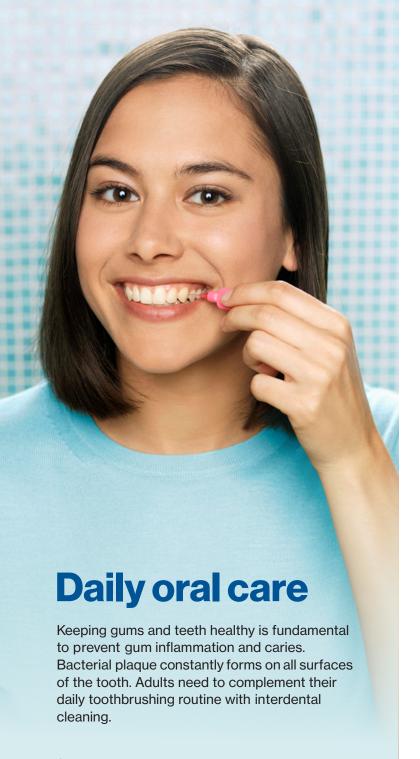
Environmentally responsible

TePe designs for long-term results, using 100% renewable energy and generating zero emissions during manufacture.



Used worldwide

Consumers in over 60 countries rely on TePe for their daily oral care.



Toothbrushing

Soft, high-quality filaments ensure gentle cleaning and a tapered brush head makes it easier to reach the back teeth.



Cleaning between teeth

The choice of interdental cleaning devices depends on individual needs and preferences.





TePe Select™ High-quality toothbrush for everyone.

TePe Nova Smart tip for improved access to back teeth.

TePe Supreme™ Innovative, twolevel filaments for optimal cleaning.



TePe Interdental Brush*

Original and TePe Angle™ - efficient cleaning between teeth.



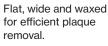
Bend the brush for improved access between back teeth.

Mini Flosser™

Facilitates cleaning of narrow interdental spaces.



the bite plane.





Insert the floss by gently biting onto



Dental tape is suitable when the space is narrow.

Angle the toothbrush at 45° towards the gum line.



Brush all surfaces; inside.outside and biting surfaces.



Brush with small movements and light pressure.



Convenient to bring along for cleaning during the day.





Easy to insert between teeth.



Flexible for easier access between the back teeth.



Never use toothpaste with your interdental brush.



Avoid snacking and sugary drinks between meals.



Clean between teeth once a day. An interdental brush is the most efficient device, if spaces allow.



Change toothbrush regularly – at least every three months or when the filaments become worn.



Brush with fluoride toothpaste for two minutes, twice a day.



Oral care for kids & teens

Establishing good oral hygiene routines at a young age is the first step towards healthy teeth, the whole life through.

Toothbrushing

Kids 0-12 years

Recommend a toothbrush with a small, tapered brush head and soft filaments.



TePe Mini™ With an extra small brush head. 0-3 years.

at 45° towards the

gum line.

TePe Select™ Compact & **Colour Compact** With a small brush head. From 3 years.



Angle the toothbrush Brush with small movements and light pressure.



Compact

Small brush head,

levels. From 6 years.

filaments in two

Brush all tooth surfaces:inside.outside and biting surfaces.

Teens 12+

It is time to start introducing a regular sized toothbrush.





TePe Select™ High-quality toothbrush for everyone.

TePe Supreme™ Innovative, twolevel filaments for optimal cleaning.

TePe Graphic™ High-quality brush with colourful design.



It is usually recommended to start cleaning between teeth in the late teens.

Choose complementary products depending on individual preferences and needs.



TePe Mini Flosser™

In some cases interdental cleaning can be recommended.



Facilitates cleaning of interdental spaces.

TePe Compact Tuft™

Facilitates cleaning of emerging molars.



Precision cleaning of erupting teeth.

plaque.

TePe PlaqSearch™

A two-tone disclosing product to visualise

Red shows new plaque and blue shows plaque older than 12 hours.



Initiate brushing as soon as the first tooth emerges.



Always go to bed with clean teeth.



Children need help brushing until the age of 10.



Water is the best choice when thirsty.



Bleeding, swollen & inflamed gums

Healthy gums are pale, pink and firm. Bleeding gums are a sign of inflammation due to build-up of bacterial plague. Thorough oral care can prevent and reverse gum inflammation.

Toothbrushing

Consider filament softness Step 1 and brush head size according to individual preferences and needs. A smaller brush head improves reach and soft filaments ensure gentle cleaning.



TePe Select™ High-quality toothbrush for everyone.

Angle the toothbrush

at 45° towards the

gum line.

TePe Nova Longer tip for improved access to back teeth.



Innovative,

cleaning.

two-level filament

design for optimal

Brush all tooth surfaces:inside.outside and biting surfaces.



Brush with small movements and light pressure.

Cleaning between teeth

An interdental brush is the most efficient device for plaque removal between teeth. Regular interdental cleaning will keep your gums fresh and healthy.





TePe Interdental Brush* Original and Extra soft efficient cleaning between teeth.



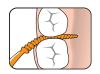
TePe EasyPick™ Quick and easy interdental cleaning.



Bend the brush for improved access between back teeth.

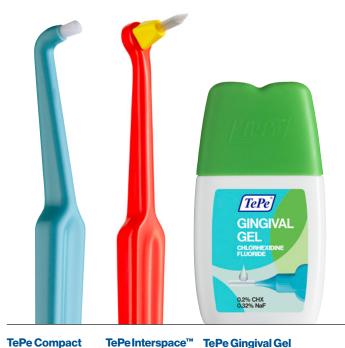


Cleaning between back teeth from the outside.



Easy to insert between teeth.

Choose complementary products depending on individual preferences and needs.



TePe Compact Tuft™Precision

Precision cleaning in difficult areas.

TePeInterspace™For hard to

reach areas.

Use as a complement to mechanical cleaning for a limited time only.



Cleaning along the gum line.



Ideal for cleaning behind the last tooth.



The gel is easy to apply using an interdental brush.



Brush with your mouth closed for easier access to the back teeth.



Continue to brush and clean between teeth even if gums are sore or bleeding. If there is no improvement after a week, it is time to consult a dental professional.



Never use toothpaste with your interdental brush. Ask your dental professional for further advice regarding your cleaning routine.

500-50° **Caring for implants** Thorough oral hygiene is essential to prevent diseases around the implants. Special products are often needed to achieve good oral health.

Toothbrushing

Consider filament softness and brush head size according to individual preferences and needs. A smaller brush head improves reach and soft filaments ensure gentle cleaning.



Cleaning between teeth/ **implants**

Step 2

Interdental brushes are most often recommended.



TePe Select™ & **TePe Select™ Compact** High-quality toothbrushes for everyone.

TePe Supreme™ & **TePe Supreme™ Compact** Innovative, two-level filament design for optimal cleaning.



TePe Interdental Brush* Original, Extra soft and



TePe]

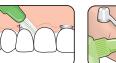
FLOSS

easy interdental cleaning on the

TePe Bridge & **Implant Floss** Spongy filament

floss.





Cleaning between implants.



Cleaning under the connecting bar for overdentures.



Thick, flexible floss for efficient plaque removal around implants.

Angle the toothbrush at 45° towards the gum line.



Brush with small movements and light pressure.



Brush all tooth surfaces:inside.outside and biting surfaces.

Choose complementary products depending on individual preferences and needs.



TePe Universal Care[™]

Unique, angled brush for access in narrow areas.



Cleaning along the gumline on the inside.

TePe Implant Orthodontic[™]

Extra slim brush head for improved access.



Cleaning of an implant-supported bridge.

TePe Compact Tuft[™]

A small tuft that facilitates cleaning of implants.



For thorough cleaning at the implant site.

TePe Denture Care™

Designed for removable constructions.



Long, strong filaments for efficient cleaning of dentures.



Different complementary devices can be recommended depending on the design of the implant construction.



In case of suspected inflammation or pain, a dental professional should be consulted.



The area where gums and implant meet need extra attention.



Caring for braces

Oral hygiene can be challenging during treatment with braces, as plaque builds up around brackets, bands and wires.

Toothbrushing

Daily cleaning with a regular toothbrush and fluoride toothpaste is the base.



Cleaning in between

An interdental brush is the most efficient device for plaque removal.





TePe Select™ High-quality toothbrush for everyone.

TePe Supreme™ & **TePe Supreme™ Compact** Innovative, two-level filament design for optimal cleaning.



Brush all tooth surfaces and around orthodontic appliances.



A toothbrush with filaments in two levels facilitates access around orthodontic appliances.



TePe Interdental Brush* Original and Extra soft efficient cleaning

TePe Angle™ Easier access to back teeth.

TePe EasyPick™ Quick and easy interdental cleaning on the

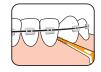


between teeth.

Cleaning under the wire.



Cleaning under the wire.



Easy cleaning under the wire or the retainer.

Choose complementary products depending on individual preferences and needs.



TePe Universal Care™

Unique, angled brush for access in narrow areas.

TePe Compact Tuft™Angled brush,

Angled brush, ideal for precision cleaning.

TePe Implant Interspace™ Orthodontic™
Angled brush Extra slim

Extra slim brush head with a long thin neck.



The angled neck facilitates cleaning inside surfaces.



The rounded tuft reaches well around brackets.



with a pointed

The tapered brush tip is ideal for cleaning around brackets and under wire.



Efficient cleaning around brackets and wire.



Systematic cleaning is recommended in order to reach all areas.



Additional fluoride may be needed – consult a dental professional.



Keep your braces and teeth fresh during the day by using a TePe EasyPick™ after every meal.



After surgery/ sore gums

After surgery or in case of very sore gums, special products may be needed during the healing process.

Toothbrushing

Daily cleaning with a regular toothbrush and fluoride toothpaste is the base. It is recommended to use a toothbrush with very gentle filaments.



TePe Gentle Care[™] Super soft filaments somewhat firmer than Special Care.

TePe Special Care™

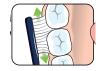
Ultrasoft filaments for patients with extremely sore/delicate oral tissues. Two sizes.



Angle the toothbrush at 45° towards the gum line.



Brush with small movements and light pressure.



Brush all tooth surfaces; inside, outside and biting surfaces.

Cleaning between teeth

An extra soft interdental brush is recommended for interdental cleaning. Never force a product into the interdental space.





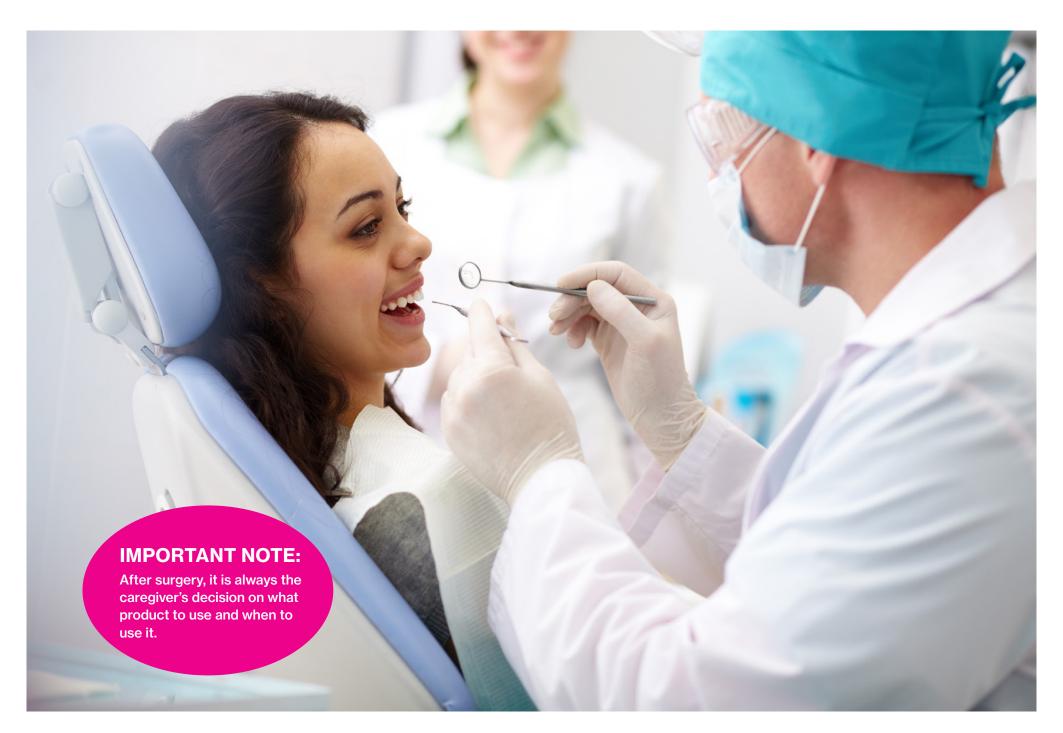
TePe Interdental Brush Extra soft*

Extra soft filaments for gentle interdental cleaning.



Bend the brush for improved access between back teeth.

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Toothbrushing

Soft, high-quality filaments ensure gentle cleaning and a tapered brush head makes it easier to reach the back teeth.



Cleaning between teeth

The choice of interdental cleaning devices depends on individual needs and preferences.





TePe Select™ High-quality toothbrush for everyone.

TePe Nova Longer tip for improved access to back teeth.





TePe Interdental Brush*

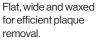
Original and TePe Angle™ - efficient cleaning between teeth.



Bend the brush for improved access

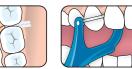
Mini Flosser™

Facilitates cleaning in narrow interdental spaces.



TePe Dental Tape

TePe DENTA



between back teeth.



Insert the floss by gently biting onto the bite plane.



Dental tape is suitable when the space is narrow.



Angle the toothbrush at 45° towards the gum line.



Brush all tooth surfaces:inside.outside and biting surfaces.



Brush with small movements and light pressure.

Bad breath

Bad breath is often caused by bacteria on the tongue. A few strokes with a tongue cleaner remove bacteria, prevent bad breath and improve oral health.

Sensitive teeth

Sensitive teeth can be caused by gum recession or cracks and cavities in the teeth. Extra soft cleaning tools for gums and teeth are recommended. If problems remain, a dental professional should be consulted.

Wisdom teeth

Wisdom teeth can be hard to reach when they emerge, but thorough cleaning is essential to prevent inflammation in the nearby soft tissue and the development of caries.

Crowding

Crowded teeth occur when teeth and jaw size do not harmonize. Depending on individual needs, complementary products can help clean hard-to-reach areas.



TePe Tongue Cleaner™

Prevents bad

breath.



TePe Interdental Brush Extra soft* Thorough and gentle cleaning

between teeth.





TePe Compact Tuft™ Precision cleaning in difficult areas.



TePe Interspace™ Pointed brush

tip.

TePe Compact Tuft™Precision cleaning

in difficult areas.



Eat regular meals – no snacking. Avoid beverages with sugar or juice.



Use fluoride toothpaste and add extra fluoride products when necessary.





Quality in every detail

Using an interdental brush is a highly effective way to remove dental plaque between the teeth. TePe's interdental brushes are developed in collaboration with dental experts to certify the highest efficiency, comfort and quality.

The wide TePe Interdental Brush range offers an option for everybody – several sizes, two filament textures and two handle lengths with a straight or angled brush head. The sizes are colour coded for easy identification.



Learn more about how to use TePe Interdental Brushes on https://www.tepe.com/products/interdental-brushes/



TePe delivers high quality dental products worldwide. For more information, user tips and videos please visit **www.tepe.com**



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