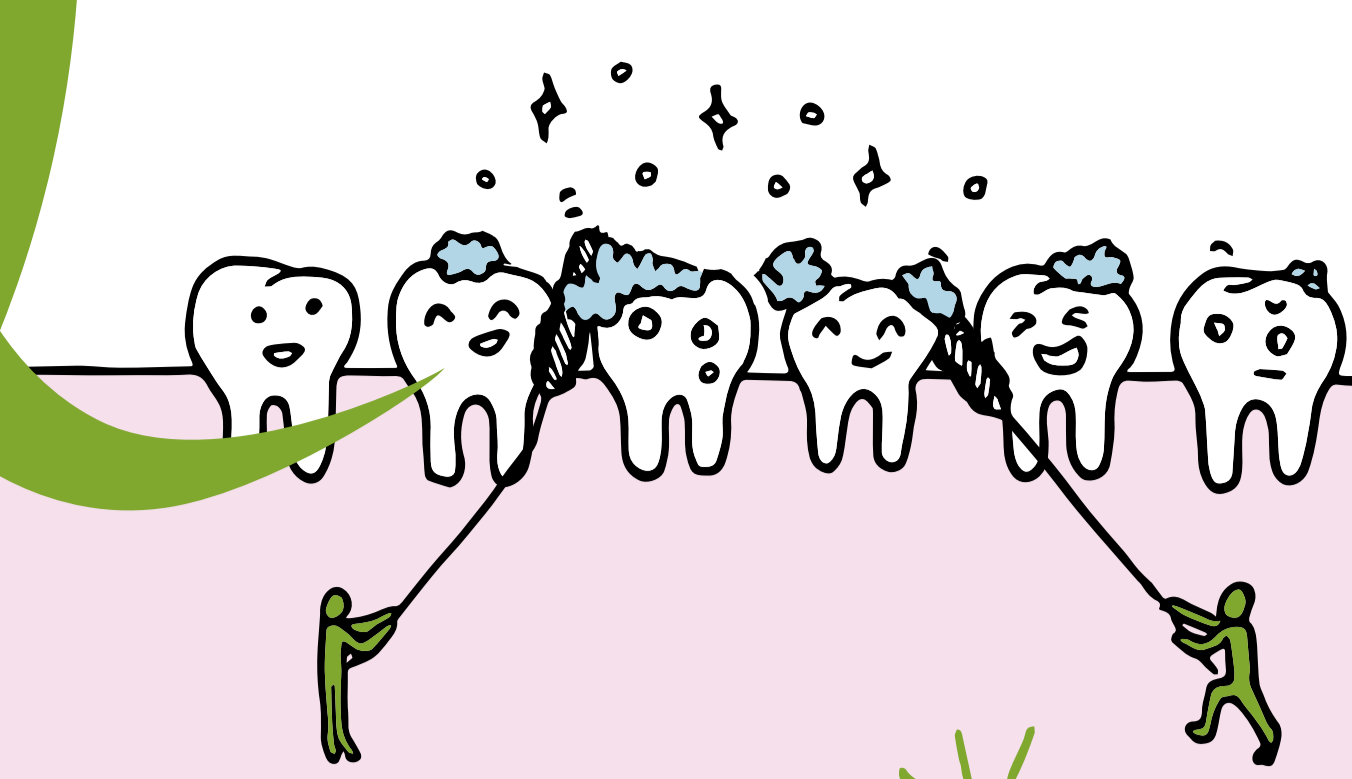
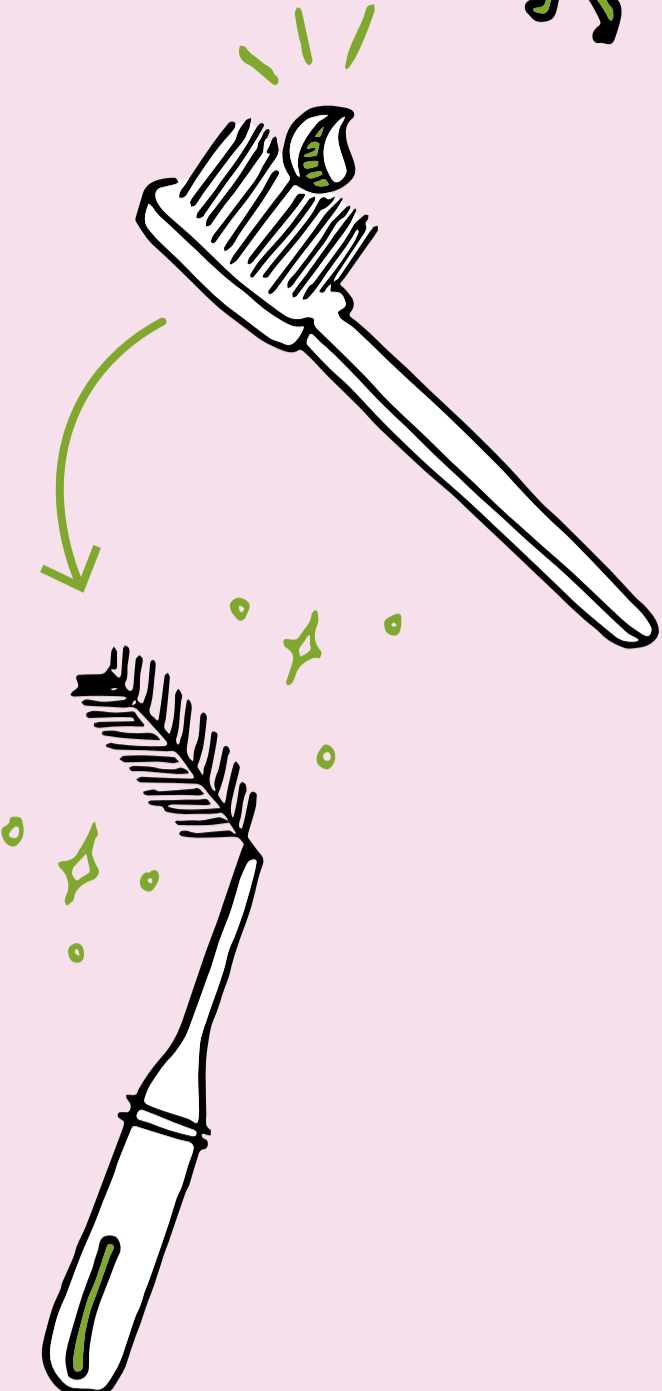


6 steps

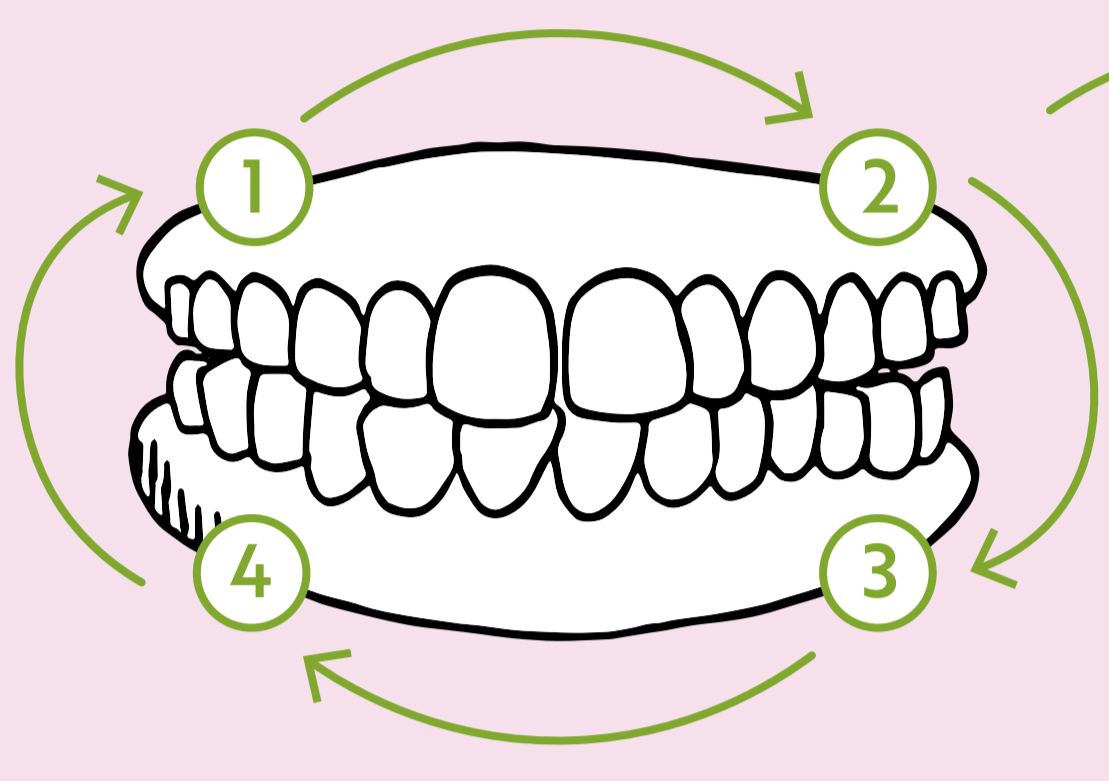
to interdental brushing



1 Ideally do this after brushing so you still have some toothpaste in your mouth, otherwise just put a tiny bit of toothpaste in your mouth and swill it around to mix it with saliva

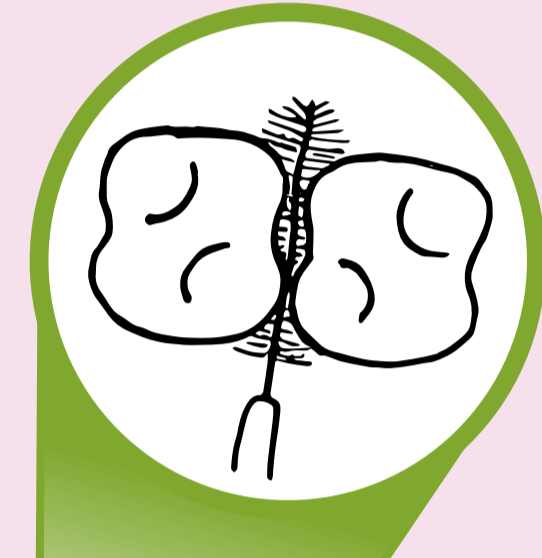


2 Think of a circuit that starts right at the back at the top on the right side.

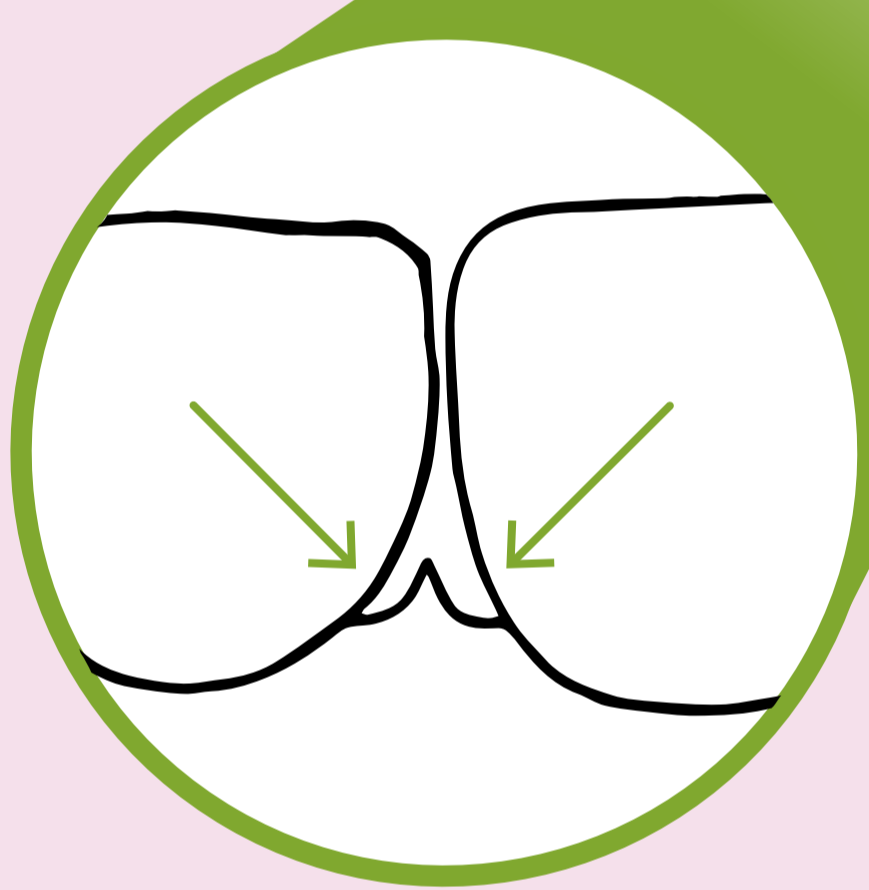


Sometimes with back teeth I bend the brush at roughly a right angle, making it easier to reach.

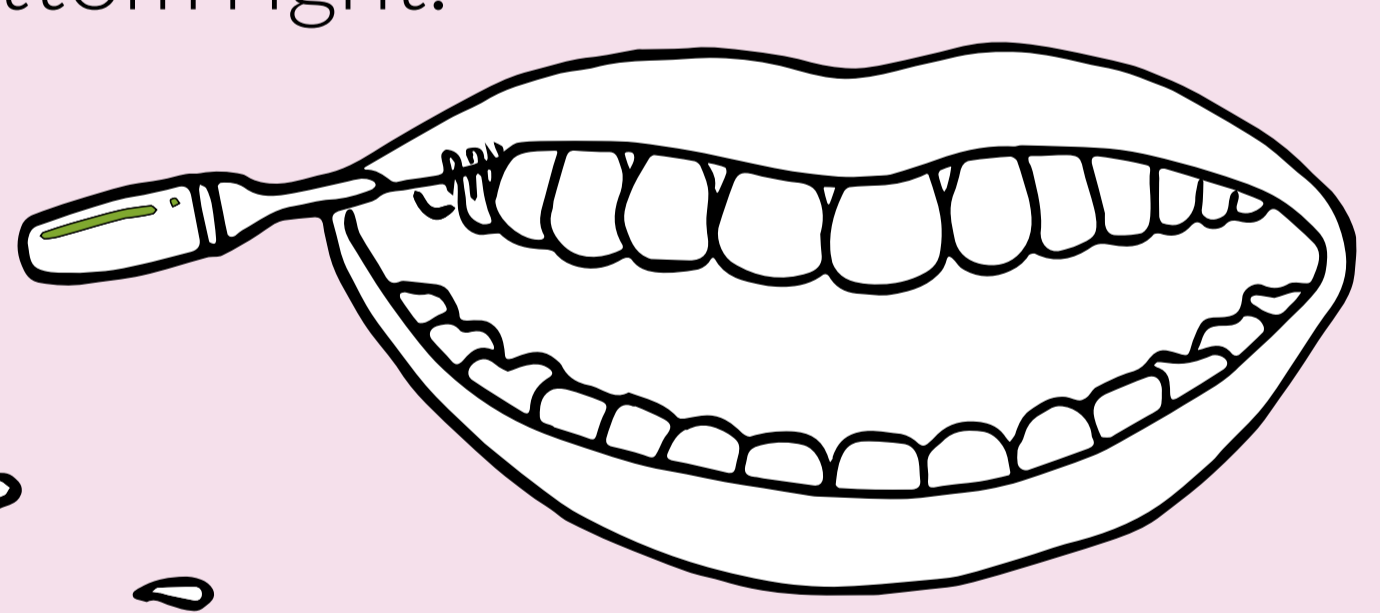
3 Push the brush tip between the teeth. Using the side of the brush to clean where the gum meets the tooth.



4 Sometimes the triangle of gum between the teeth is loose. If so, try to get under it.

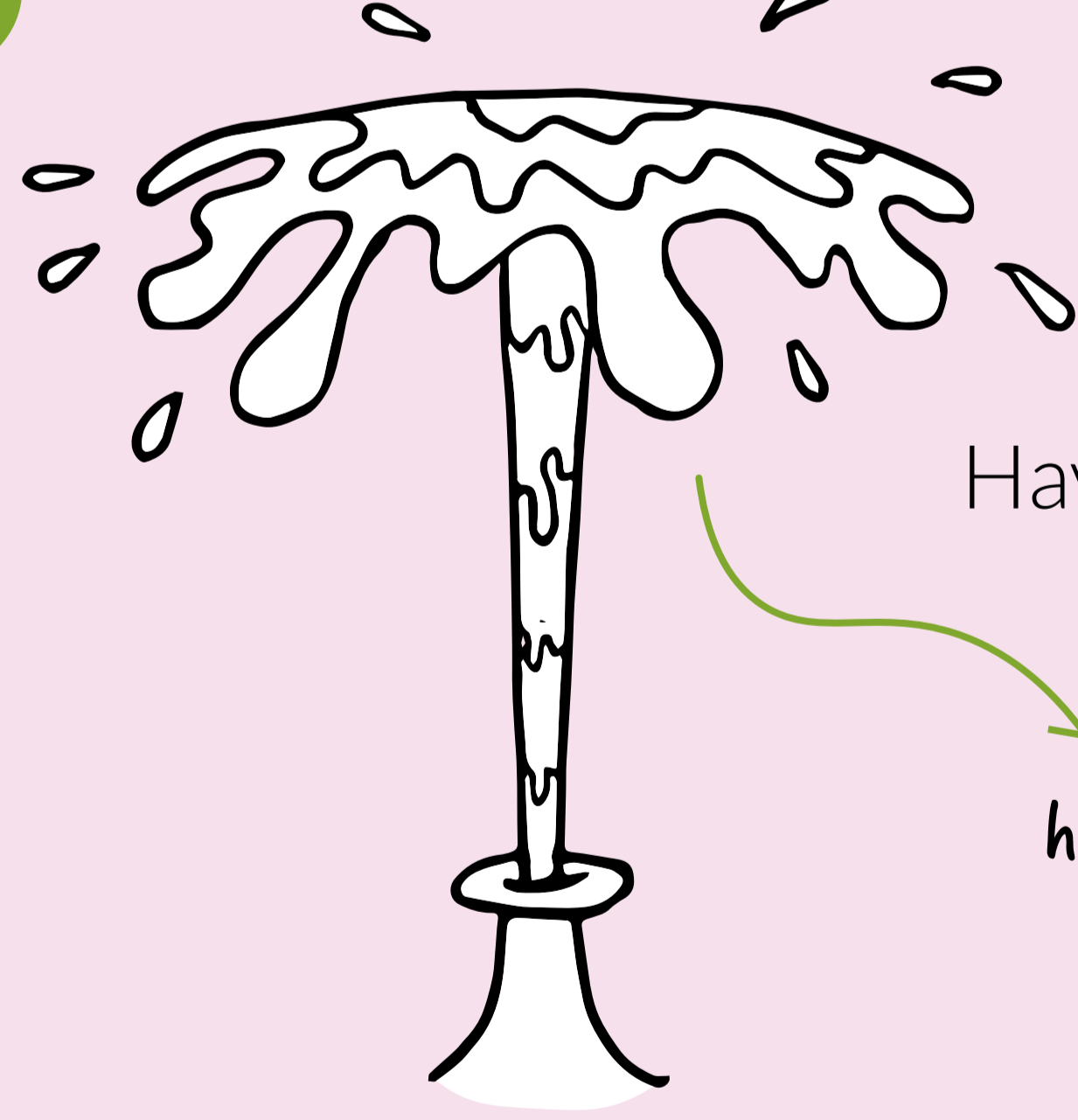


5 Move methodically from tooth to tooth in that same circuit, top right all the way around to top left then bottom left all the way round to bottom right.



6 Have a good spit

If there is lots of blood have a little rinse, do it again tomorrow it will bleed less.



Ideally use a brush that feels a little tight

There may be places where the brush doesn't fit. Just move on to the next tooth but try again next time you brush.

Top Tips

If you want to take this to the next level, you could use bigger sizes for the larger gaps and flossing for the gaps that are too small.

