

Interdental brushes



DEFINITION: Interdental brushes: are small brushes made of filaments attached to a coated wire with a rounded tip for more comfort and to protect the gums.

PURPOSE AND INDICATIONS FOR USE:

The purpose of the interdental brush is to remove plaque and food debris between the teeth. In order to be effective, the interdental brush must be the correct size. Your dental provider can find your correct size by measuring the depth of your interproximal space with a color coded probe until the probe stops. The associated probe color will correspond with the matching size of interdental brush. (Ng & Lim, 2019)

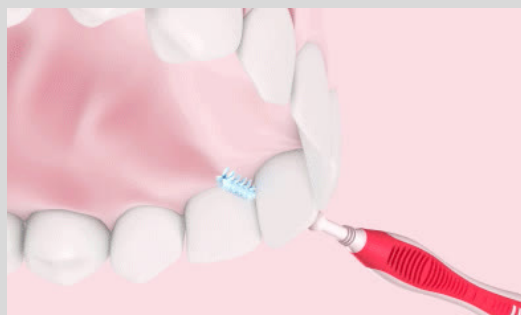
METHOD OF USE:

-First, select the correct size interdental brush for the space being cleaned. One shouldn't have to force the brush into the space, Interdental brushes are made in different sizes to properly clean the spaces between the teeth.

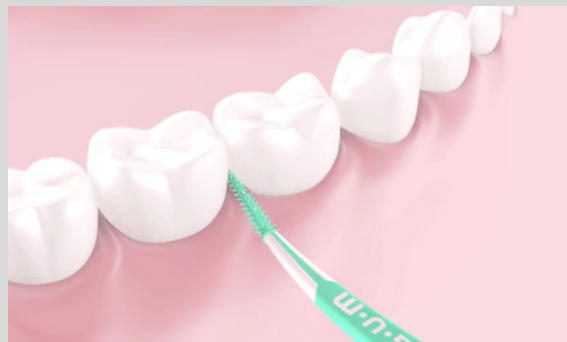
-Next, Use a gentle back-and-forth motion to clean the interdental space. The brush should slide with light resistance.

-Interdental brushes can be used for posterior teeth as well! The neck can be bent to reach your back molars.

[Click here for an in depth video tutorial!](#)



[LINK TO GIFS](#)



CAUTIONS/LIMITATIONS FOR USE:

Metal core interdental brushes can be uncomfortable and cause sensitivity; especially along the root surfaces of the tooth. A popular scientific journal also mentions the consequences of using an interdental brush on healthy papilla with no attachment loss. The papilla is compressed during use of an interdental brush and this may cause recession in the associated areas with time. (Ng & Lim, 2019)

EXPECTED OUTCOMES:

With proper use, interdental brushes can properly reach into the COL of dental anatomy which can..

- Reduce plaque and biofilm
- Reduce gingival bleeding
- Reduce and prevent gingivitis
- Reduce pocket depth (Darby & Walsh, 2014)

REFERENCES:

Darby , M. L., & Walsh , M. M. (2014). *Dental Hygiene Theory and Practice*. (Fourth Edition). Elsevier .

G.U.M. (2021). *How and why to use interdental brushes and picks*. *Products & Advice for Dental Professionals*.
<https://professional.sunstargum.com/en-en/news-events/news/interdental-brush-patient-home-oral-care.html>

Ng, E., & Lim, L. (2019). An overview of different interdental cleaning aids and their effectiveness. *Dentistry Journal*, 7(2), 56. <https://doi.org/10.3390/dj7020056>