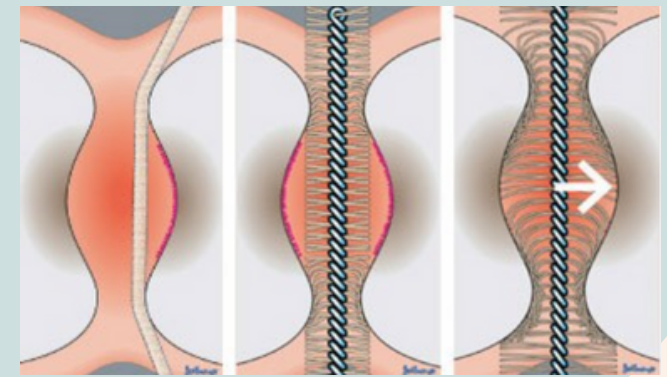
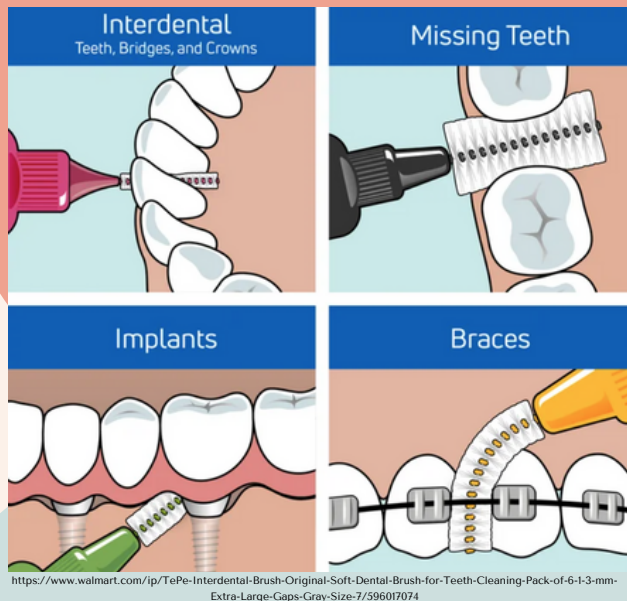


Interdental Brushes

Purpose

Designed to clean hard-to-reach spaces between teeth and around dental appliances, it effectively targets areas that toothbrushes and floss may miss.

"Using interdental brushes in addition to toothbrushing may reduce gingivitis or plaque" (Worthington et al., 2019).



Method of Use

- Available in a large variety of sizes, pick a size that fits snug but not tight
- Carefully slide between desired space using a push and pull motion to clean
- Bend brush to reach posterior areas

Cost and Availability

- Online
- Drug stores
- Large retailers
- Under \$5 for a pack of 5



Cautions and Limitations

- Incorrect sizes or technique
- Issues may cause gingival trauma
- Brushes with metal tips can cause tooth sensitivity
- Dexterity issues
- Not for use around tight spaces

[Link to demonstration video!](#)

<https://www.youtube.com/watch?v=wS5g0DpWz-c>