

Caring for
your gums



Be good to your gums

Good oral hygiene is the key to preventing gingivitis and periodontitis, two very common oral diseases that can have a negative impact on your overall health. Use this leaflet to learn and understand more about these diseases and how you, with support from your dental professional, can prevent them.



Gingivitis:

inflammation of the gums

Periodontitis:

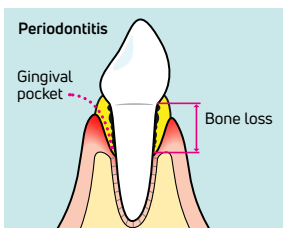
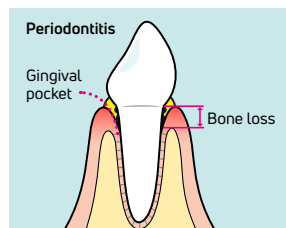
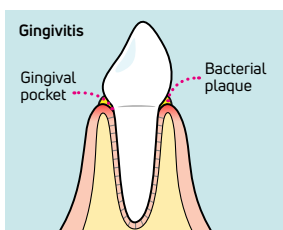
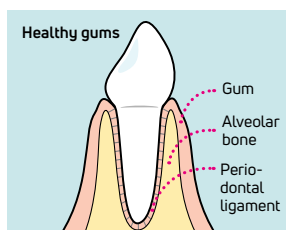
inflammation of the gums
and the bone that supports
your teeth

What is gingivitis?

Gingivitis is very common and occurs when bacteria builds up along the gum line and between teeth. Bacteria and food deposits form a sticky mass called plaque. It must be removed properly, or your gums will react by becoming inflamed within a few weeks. Inflamed gums look red and swollen. They might bleed when you brush or clean between your teeth. Gingivitis is a reversible disease and most cases will heal in a couple of weeks. Just make sure to thoroughly clean all five sides of your teeth twice daily!

What is periodontitis?

If not removed, plaque can cause the gingival pocket between the tooth and gum to deepen. When plaque is left to grow in the pocket, the inflammation spreads and the alveolar bone (jaw bone) surrounding the teeth starts breaking down. As bone loss progresses, the gingival pocket deepens even more, and the tooth will become loose – and may even need to be taken out. It is a slow process, often unnoticed and without pain. The bone loss can't be reversed, but it can be stopped with optimal oral hygiene and professional dental treatment. Periodontitis is caused by plaque, but things like smoking, heredity and some systemic diseases (especially diabetes) increase the risk for developing it.



Healthy gums

Healthy gums are pale, pink and firm, with no bleeding when you brush or clean between your teeth.



Healthy pink gums



Inflamed gums

You and your dental professional – a good team

Most people find it hard to achieve good plaque control. A good strategy is to follow instructions developed just for you by a dental professional. Your responsibility is to clean above the gumline. Your dental professional will clean the gingival pocket and remove plaque and tartar, a rough surface of hardened plaque that bacteria attach easily to.

Working with your dental professional is critical for a successful result, especially after treatment for periodontal disease. Regular check-ups in combination with your own daily care are the keys to preventing problems from coming back.



Top tips

Clean the in-betweens

Gum disease starts between the teeth. Use an interdental (between teeth) brush to efficiently clean the spaces. A brush of the right size should fill the space and offer some resistance when inserted, but should never be forced into the space. Ask your dental professional for help finding the right brush sizes for you and tips on using them properly. If you haven't cleaned between your teeth in a while, your gums can feel sore and bleed when you start cleaning. Don't stop – bleeding is a sign of inflammation caused by plaque, so it's important to keep cleaning every day.



To reach further back in the mouth, bend the brush by pressing the flexible tip (size 0-3) or bend the wire (size 4-8).



TePe Angle™ with a longer handle makes it easier to clean further back and from the inside.

Master your brushing



Use about a pea sized amount of fluoride toothpaste each time.



Brush your teeth morning and evening for at least two minutes.



Hold the brush at a 45-degree angle to the gumline. Using light pressure and short strokes, brush the inside of teeth first, then the outside. Finish with the biting surfaces.



Avoid eating or drinking for two hours to get the most benefit from the fluoride.



Change your toothbrush regularly – at least every three months.

Great gums kit

Toothbrushes

Choose a toothbrush with multi-level bristles for better access. TePe brushes with tapered heads make it easier to reach the back teeth.

TePe Supreme Regular (1)/Compact (2) with two-level, tapered bristles for better reach along the gumline.

TePe Nova™ (2) with a smart tip for better access to back teeth and inside surfaces.

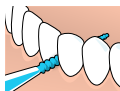
Cleaning between teeth

Put some energy into cleaning between your teeth daily and keeping your gums healthy – it will pay off!

TePe® Interdental Brush/TePe Angle™ (3) available in different sizes. For normal daily and gingivitis/periodontitis care.



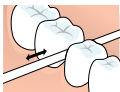
TePe EasyPick™ (4) a great supplementary option for general cleaning and gingivitis care.



TePe Mini Flosser™ (5) Pre-loaded floss holder for easy and convenient use, handle made with renewable, mass-balance materials.



TePe® Dental Floss (6) for very narrow spaces, glides easily without shredding.



Check your brushing

TePe PlaqSearch™ (7) chew a tablet after cleaning your teeth. The staining on the teeth shows where you need to brush more carefully.





Extra protection

TePe® Gingival Gel contains chlorhexidine, which fights plaque, and fluoride that strengthens the tooth enamel and helps prevent tooth decay. For more bacteriabeating advice on the use of Gingival Gel – ask your dental care professional.

Toothpaste

TePe Daily™ toothpaste, 1450 ppm, mild peppermint, gentle foaming.



Products for your gums



Supreme



Nova



Original

- ☐ 0.4 mm
- ☐ 0.45 mm
- ☐ 0.5 mm
- ☐ 0.6 mm
- ☐ 0.7 mm
- ☐ 0.8 mm
- ☐ 1.1 mm
- ☐ 1.3 mm
- ☐ 1.5 mm



Extra soft

- ☐ 0.45 mm
- ☐ 0.5 mm
- ☐ 0.6 mm
- ☐ 0.7 mm
- ☐ 0.8 mm
- ☐ 1.1 mm

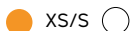


Angle

- ☐ 0.4 mm
- ☐ 0.45 mm
- ☐ 0.5 mm
- ☐ 0.6 mm
- ☐ 0.7 mm
- ☐ 0.8 mm



EasyPick



PlaqSearch



Dental Floss



Miniflosser



Gingival Gel



Tongue Cleaner



Toothpaste
Daily



Toothpaste
Pure
(Mild peppermint)



Toothpaste
Pure
(Unflavoured)



Go to www.tepe.com to learn more about gum disease

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