

Caring for your
healthy smile



Healthy smile, healthy life

Good oral health is essential for your overall health and wellbeing. Use this leaflet to learn and understand more about common oral diseases and how to keep your mouth healthy.



Healthy routines prevent oral disease

Healthy gums are pale, pink and firm, and don't bleed when you brush. Healthy teeth are intact and show no signs of tooth decay. The basics for keeping your gums and teeth healthy are easy - clean them properly twice a day, see your dental professional regularly and make sure to keep your sugar intake low. If plaque (bacteria) builds up on your teeth and isn't removed, it can lead to problems:

- **Tooth decay** – caused by repeated acid attacks on the teeth. Bacteria use sugars in your food for energy and produce acids that cause damage to the enamel (the outer surface of the tooth). If these acid attacks occur too often, there will be permanent damage to the tooth.
- **Gum disease** – bacteria can also irritate the gums, causing them to be inflamed and bleed easily. The first stage of gum disease is called gingivitis. Without treatment, gingivitis can spread and affect the supporting bone, developing into periodontitis and possibly leading to tooth loss.

Keep your smile in shape

Research shows that gum disease is linked to several other diseases, such as diabetes and cardiovascular disease. That means treating gum disease may also help with the management of other diseases.

A healthy lifestyle includes physical activity, a well-balanced diet, good quality sleep and good oral hygiene. Looking after your mouth is part of looking after yourself.

Caries, cavities, or tooth decay?

It's all the same problem:

Bacteria use sugars to produce acids that attack and dissolve the hard tissues that protect your teeth, creating a cavity.



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.

Tips and advice

Smile-friendly eating habits

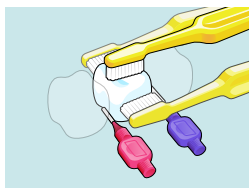
Your eating habits, such as frequent consumption of sweets, are one of several factors that can lead to tooth decay. Eating soft, sticky foods that are difficult to remove from the teeth means prolonged acid attacks on your teeth. Saliva rinses and neutralises acids but needs time to work. If you don't give your mouth a break between meals, cavities will form.

- Try to limit food and drink intakes to five a day, and avoid snacking between meals.
- Drink water between meals and when you are thirsty.
- Try to stay away from unnecessary sugar.

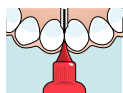


The rule of five

It's important to clean all five sides of your teeth. Oral disease often starts between the teeth, where your toothbrush can't reach. Use dental floss, dental sticks or an interdental brush daily. You may need more than one brush size as the spaces between your teeth vary. A well-fitted interdental brush fills the space yet offers some resistance when inserted – but never force it.



Clean all five sides of your teeth.



Use a straight brush between your front teeth. Move it back and forth a few times. Bend the brush to improve access between the back teeth.

Smile care kit

Toothbrushes

Choose a toothbrush with soft or extra soft bristles for gentle cleaning. A tapered brush head makes it easier to reach the back teeth.

TePe Select™ (1) high-quality toothbrush for everyone.

TePe Nova™ (2) smart tip for improved access to back teeth.

TePe Choice™ (3) a reusable beech wood handle, replaceable brush heads and castor oil bristles.

TePe Supreme™ (4) innovative, with two-level bristles for optimal cleaning.

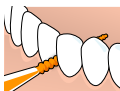
Cleaning between teeth

Regular interdental cleaning will keep your gums fresh and healthy.

TePe® Interdental Brush/TePe Angle™ (5) is the most efficient, user-friendly device for plaque removal between teeth.



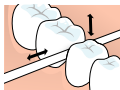
TePe EasyPick™ (6) quick and easy interdental cleaning in three different sizes, excellent for on-the-go freshening.



TePe® Mini Flosser™ (7) pre-loaded dental floss holder for easy use.



TePe® Dental Floss (8) for very narrow spaces, glides easily without shredding.



Prevent bad breath

Bad breath is often caused by bacteria on the tongue. A few strokes with a tongue cleaner can help.

TePe® Tongue Cleaner (9) is a magic wand against bad breath and improves oral health.





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 smile



Select



Nova



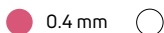
Supreme



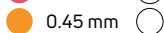
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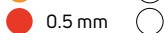
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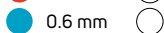
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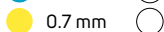
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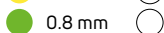
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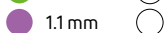
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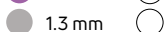
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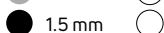
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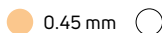
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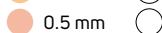
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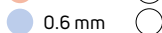
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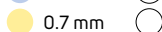
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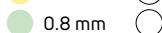
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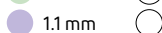
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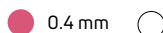
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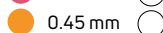
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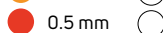
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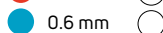
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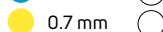
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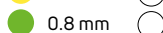
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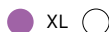
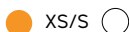
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Easypick



PlaqSearch



Dental Floss



Tongue Cleaner



Miniflosser



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TePe Daily



TePe Oral Hygiene Products Ltd

Eklund House | 6 Cathedral Avenue | Wells, Somerset BA5 1FD

info@tepe.co.uk | www.tepe.com/uk

TePe Munhygienprodukter AB

Bronsåldersgatan 5, 213 76 Malmö, Sweden

Tel +46 (0)40 670 11 00 | info@tepe.com

www.tepe.com

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