

HEALTH
TALK

Interdental brushing



Interdentals
clean **+40%** more
tooth surface than
toothbrushing
alone



How to brush between your teeth



Many people find rubber interdental brushes easier to use than floss*.

*Moretti 2020; Smith 2019



Gently insert and glide your interdental with a back and forth motion between your teeth.



Make sure you reach all areas of your mouth. Some interdentals have a bending neck for easier reach of back teeth.

Which interdental is right for me?



A great start, easy to use & ultra-soft

These rubber interdentals feel soft and easy to insert & slide between teeth.

- ✓ GUM® SOFT-PICKS PRO®
- ✓ GUM® SOFT-PICKS MINTY



For advanced care

These tools offer a wide range of head sizes for best coverage of the interdental space. They bend to reach all areas of your mouth.

- ✓ GUM® TRAV-LER®
- ✓ GUM® BI-DIRECTION®

Ask your oral care professional for a recommendation

- Which interdental & head size
- Which interdentals for orthodontics or implants

GET STARTED NOW

- 1 CLEAN BETWEEN
- 2 BRUSH
- 3 RINSE



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