

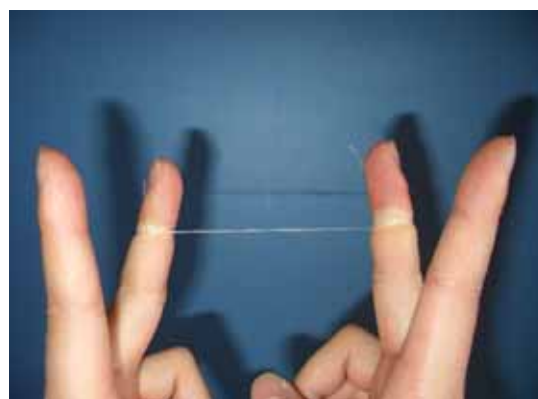
* Tooth care using dental aids

The most popular method for removing plaque from teeth is using a toothbrush. This is an easy way to remove large volumes of plaque in a short time. However, when most people brush the front and back surfaces of their teeth, they are unable to remove plaque lodged in between the teeth. We recommend using the following special tools to clean in between your teeth.

* Dental floss

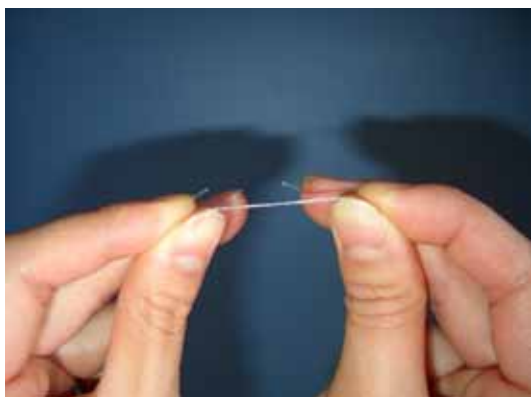


Dental floss is recommended for people who do not have much space between their teeth. Made from nylon fiber, dental floss can be used to clean the surfaces in between your teeth.



How to use

Cut off a piece of floss about 40 centimeters in length and wrap the ends two or three times around your middle fingers. With the two fingers about 15 centimeters apart, pull the floss tight.



Grip the floss with your thumbs and index fingers, keeping your hands one to two centimeters apart.



With the floss between your teeth, work the floss down to the roots of the teeth using small movements. Be careful not to use too much force, as this could cause pain in your gums. Curving the floss around the surface of each tooth, remove plaque by scraping the floss against each tooth, moving it up and down two or three times.

* Interdental brush

Using an interdental brush is an effective way to remove plaque in the spaces between your teeth that are difficult to reach with your toothbrush. It is also a good way to massage the gums. As these come in various sizes, with interdental brush manufacturers offering brush models in a full range, from SS (extra small) to L (large), be sure to use a brush size that provides a good fit for your teeth.



* How to use an interdental brush

Insert the brush in between your teeth, and move it back and forth several times. Since the space between teeth is different for each individual and for incisors and molars, select a brush size that gives only slight resistance when inserted between the teeth. If the fit is too tight you may damage your gums, and if the fit is too loose you will not be able to benefit from the massaging effects of the interdental brush.



* Note: To ensure that you do not use these dental aids (tools) incorrectly, please follow the instructions of your dental care professional.