



Tips for cleaning between teeth

3^{IN}4
Aussie adults
rarely or never
clean between
their teeth

Both children and adults should clean between their teeth every day.

A toothbrush cannot reach the spaces between the teeth well.

Clean between your teeth with floss, interdental brushes or using other items that your dentist has recommended.

Cleaning between your teeth removes food and bacteria that build up every day.

Parents should start cleaning between their kid's teeth once they have teeth touching side-by-side. This is about 2 years of age.

Floss



- A thin string that is pushed between the teeth to clean the spaces in between.

Watch this video for pro tooth flossing tips



Interdental brush



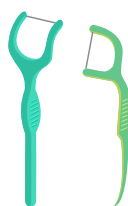
- A small, straight bristle brush that is placed in the gaps between the teeth.
- Useful if you have large gaps between your teeth, braces, missing teeth or gum disease.
- Brush can be used multiple times before it needs to be thrown away.
- Brushes are available in different sizes.

Water flosser



- Water is sprayed with pressure into the spaces between the teeth.
- Can be useful if you have large gaps between your teeth, missing teeth, braces, or gum disease.

Floss pick/flossette



- A short piece of string floss is strung between two prongs that are attached to a handle.
- Can be helpful if you have trouble reaching into the mouth using string floss, for parents cleaning between their children's teeth or children learning to floss.

