Gum inflammation and periodontitis – a patient guide
Periodontitis is more common than you may think. Around 40% of all adults suffer from the disease – often without knowing it. The sooner it is diagnosed and treated, the better. Fortunately, there is a lot you can do yourself to prevent and reverse periodontal disease.
Healthy gums

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

Gum inflammation

An inflamed gum tissue is characterised by redness and swelling. The gums may bleed when you brush or clean between your teeth.

Small fibres, the periodontal ligament, hold the tooth in its socket. The gum tissue covers the bone and fits firmly around the tooth like a collar. The small crevice between the tooth and the gum tissue forms the gingival sulcus.

A sticky film, bacterial plaque, constantly forms on your teeth. If you don’t clean properly, plaque will be left behind, especially between the teeth and along the gum line. When plaque accumulates in these areas it causes gum inflammation.

Gingivitis = gum inflammation
Periodontitis = loss of alveolar bone
It is a slow process, often unnoticed and without pain. To arrest the loss of attachment, professional treatment is mandatory. Untreated, the bone loss will continue to progress. In time the tooth will become loose and in the worst case may be lost. Smoking, heredity and some systemic diseases are factors that may enhance the risk of developing periodontitis.

Periodontitis

If the bacterial plaque is not removed, it grows in the gingival sulcus where the toothbrush or interdental brush does not reach. On the root surface of the tooth, the plaque hardens into tartar with a raw surface where bacteria attach even easier. As the supporting bone gradually breaks down, the tooth loses more and more of its attachment. The gum inflammation has developed into periodontitis.

Prevention and treatment

You can prevent gum inflammation and periodontitis through good oral hygiene. Periodontal disease can be hard to detect, so be observant of visible signs such as redness, swelling and bleeding gums. If you suspect gum inflammation, contact your dental professional.

The professional treatment includes deep cleaning and removal of plaque and tartar. You will also get oral hygiene advice, recommendations of suitable cleaning devices and instructions about their use.

The cooperation between you and your caregiver is of utmost importance for a successful result, even after treatment is completed. Regular checkups in combination with your own home care are crucial to prevent the problems from coming back.
**Toothbrushing**

Brush the inside, outside and biting surfaces of the teeth with a toothbrush and fluoride toothpaste, every morning and every night. Angle the brush so that the filaments reach the gum line. Brush with light pressure using small movements.

**Brush between your teeth**

If you have gum inflammation or periodontitis it is even more important to clean between your teeth, where the toothbrush does not reach. An interdental brush is efficient and easy to use. Use every day, even if the gums are sore and bleed. Within a few weeks the inflammation will heal. If you do not notice any improvement, contact your dental professional.

**Choose the right brush size**

It is important to use an interdental brush of the right size. Your dental professional can help to select the correct brush size/sizes for you.

A brush of the right size should fill the interdental space and present some resistance when inserted, but should not be forced into the space.

Move the brush back and forth a few times in each interdental space. Look in the mirror for easier use.
TePe’s antibacterial gel contains a combination of chlorhexidine and fluoride to prevent gum inflammation and cavities. Chlorhexidine has an antiplaque and antigingivitis effect, while fluoride strengthens the tooth enamel and protects sensitive root surfaces. The gel has a refreshing mint flavour and contains no alcohol or abrasives.

TePe’s interdental brushes are available with different designs and in many sizes. Every size has its own colour to make it easier to remember which brush to use. All brushes have plastic coated wire for safe cleaning.

TePe Interdental Brushes are also available with extra soft filaments for gentle cleaning, suitable for delicate gums.

TePe Angle™
A small angled brush head makes it easy to reach between the back teeth and from the inside. The long, flat handle allows cleaning with controlled and steady movements.

TePe Gingival Gel
TePe’s antibacterial gel contains a combination of chlorhexidine and fluoride to prevent gum inflammation and cavities. Chlorhexidine has an antiplaque and antigingivitis effect, while fluoride strengthens the tooth enamel and protects sensitive root surfaces. The gel has a refreshing mint flavour and contains no alcohol or abrasives.

TePe Gingival Gel is easy to use with an interdental brush.

Read more at www.tepe.com
### TePe Interdental Brushes

#### 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

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**TePe Gingival Gel**
- 20 ml

**TePe Special Brushes**
- Implant Care
- Implant Care, soft
- Implant/Orthodontic Brush
- Compact Tuft
- Interspace, x-soft
- Interspace, soft
- Interspace, medium

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TePe has been promoting healthy smiles since 1965. At our headquarters in Malmö, Sweden, we design and produce interdental brushes, toothbrushes and other oral hygiene products that are available in more than 50 countries worldwide. All TePe products are developed in collaboration with dental expertise.

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