PRACTICE GUIDELINE
Interdental Brushing or Flossing: Self-Care Recommendations for Clients with Interdental Inflammation

Client with interdental inflammation

Clinical signs:
- redness
- swelling
- soft interdental papilla
- bleeding (with or without stimulation)
- plaque (visible or not)

All are related to plaque biofilm, gingivitis and/or periodontitis

Assess client’s level of ability

ADEQUATE ability

Assess motivation

HIGH motivation

Assess intraoral anatomy

Type I embrasure

Recommend dental floss

LIMITED ability

Assess motivation

LIMITED motivation

Assess intraoral anatomy

Type II embrasure

Type III embrasure*

All embrasure types

Recommend interdental brush

* Photo courtesy Sherry Saunderson