

Between-Teeth Cleaning Tool Planner

Compare practical options and prepare for a dental visit.

Name: _____ Date: _____

1. What makes cleaning difficult?

- ☐ Holding or gripping
- ☐ Reaching back teeth
- ☐ Threading floss
- ☐ Tight or wider spaces
- ☐ Pain or sensitivity
- ☐ Cleaning around dental work

Other difficulty or details: _____

Dental work to discuss:

- ☐ Bridge
- ☐ Implant
- ☐ Braces
- ☐ Other

2. Compare up to three tools

Examples: floss holder, soft interdental pick, interdental brush, or water flosser. Compare only options suited to your mouth.

Feature	Option 1	Option 2	Option 3
Tool / model			
Grip and comfort			
Ease of reaching teeth			
Storage / power needs			
Price / refill costs			

Between-Teeth Cleaning Tool Planner

Record your hygienist's advice and practice the recommended method.

3. My dental team's recommendations

Recommended tool(s):

Brush size / device tip / setting, if applicable:

Technique and areas needing extra attention:

Demonstration received: ☐ Yes ☐ Need help

4. Seven-day practice record

Record comfort and difficulties; this is not a test of effectiveness.

Date	Done?	Tool used / comfort / difficulty
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	

5. Questions / follow-up

Ask your dental team about persistent pain or bleeding. Do not force a tool into a space.