

ORTHODONTIC BRUSHING AND FLOSSING PROCEDURES

BRUSHING With your toothbrush (soft bristles only):

WHEN?

After every meal.

If you cannot brush right away, rinse well with water.

- 1 Use a dry brush with a small amount of toothpaste. Place bristles where gums and teeth meet.



- 2 Use circular, vibrating motions around the gum lines, 10 seconds on each tooth.



- 3 Brush slowly, each arch separately, every tooth.



- 4 Brush the lower teeth up and the upper teeth down. Brush your tongue and the roof of your mouth too!



CONCENTRATE ON THE DANGER ZONE!

... the space between the bands or brackets and the gums!

FLOSSING

WHEN?

Nightly after brushing.

HOW?

Use floss threader between gums and braces.

WHY?

Removes plaque toothbrush misses.

- 5 Carefully pull unwaxed floss between wire and braces. A floss threader may be helpful.



- 6 Floss carefully around the braces.



- 7 Floss carefully around the gum area.



Special brushes can be used for hard-to-clean places.



- 8 Floss carefully around each tooth.

