

# Brushing and Flossing with Braces

## 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.

### FLOSSING

#### WHEN?

Nightly after brushing.

#### HOW?

Use floss threader between gums and braces.

#### WHY?

Removes plaque toothbrush misses.

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!

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.



It is very important to brush after EVERY time you eat, even after snacks, whenever possible. This would result in a minimum of 3x a day.