

TIPS ON BRUSHING YOUR TEETH AND BRACES

You should brush your teeth for **2-3 minutes, 2-3 times a day**: morning, mid-day and before bed.

To brush properly, first brush back and forth between the wires and gums on the upper and lower to loosen the food particles. Next, brush correctly as if you had no bands on.

Start on the **outside of the uppers** with bristles at a **45 degree angle** toward the gums, as demonstrated below.

Scrub with a **circular motion**, two or three teeth at a time using **10 strokes**.

Then brush **the inside surfaces of the uppers**.

Start on the **outside of the lower teeth** and repeat the process. Remember, direct the brush at an angle toward the gums.

Scrub the **chewing surfaces** last.

Look in a mirror to see if you have missed any places. Check the little half-moon spaces of teeth between the bands and gums and the space between the molar tubes and gums. If you see any areas you have missed, be sure to brush them again.

Floss in between all teeth using either **flossers** or **super-floss** (samples of each are in your oral hygiene kit)

At bedtime, rinse with recommended **mouth rinse** and remember not to rinse with water afterwards.

PLEASE REMEMBER:

Failure to keep your teeth clean can result in having permanent **“white spots”** on your teeth when the braces are removed.

Failure to keep your gums clean will result in **“puffy gums”** that can cover your teeth. If this gets severe, it may be necessary to cut away extra gum tissue during and/or after orthodontic treatment.

If the teeth and/or gums become unhealthy, it may be necessary to **remove your braces** prior to treatment being complete.

