

# ORTHODONTIC BRUSHING AND FLOSSING PROCEDURES



## It is your job to keep your teeth and braces spotlessly clean!

- ▶ Orthodontic appliances do not cause cavities or decalcification (white spots on teeth).
- ▶ Braces and wires trap food particles and make it difficult to brush away plaque - the layer of harmful bacteria that attack your teeth and gums.
- ▶ Here are two examples of what may happen if good oral hygiene is not maintained.



FINISHED RESULT WITH PROPER ORAL HYGIENE

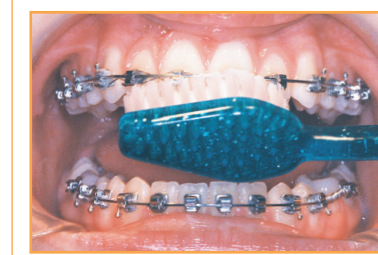
# ORTHODONTIC BRUSHING AND FLOSSING PROCEDURES

## Concentrate on the Danger Zone!

...the space between the braces and the gums!



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



**1**  
Thoroughly brush all surfaces of every tooth.



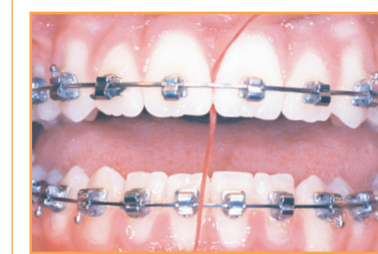
**2**  
Be extra careful to brush the small area of tooth between the braces and the gums.



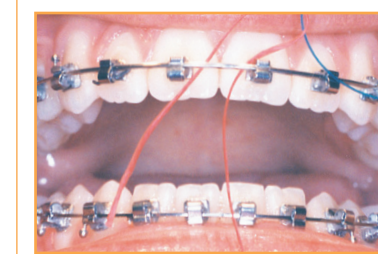
**3**  
Brush your teeth as they grow (the upper teeth down and the lower teeth up).



**4**  
After brushing, rinse well. Inspect carefully by looking in a mirror. Brush any areas you may have missed.



**5**  
Floss carefully around each tooth once a day. Use unwaxed floss.



**6**  
A floss threader may be helpful



**7**  
Special brushes can be used for hard-to-clean places.

## Remember:

**BRUSH...  
RINSE...  
LOOK...**

### HELPFUL HINTS

- ▶ Use a soft bristle brush with a toothpaste containing fluoride.
- ▶ Brush after every meal.
- ▶ If you cannot brush right away, rinse well with water.
- ▶ Most importantly, at least once everyday brush vigorously and floss until your teeth and braces are spotlessly clean. This should take no less than five minutes.
- ▶ To be extra careful, rinse with an antiseptic mouthwash after brushing.