

# ORTHODONTIC BRUSHING AND FLOSSING PROCEDURES



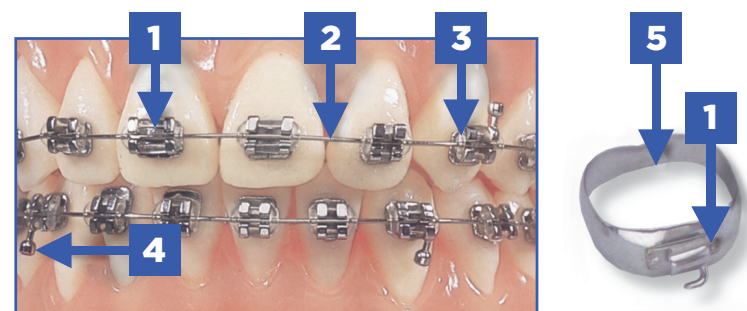
It is your job to keep your teeth and braces spotlessly clean!



FINISHED RESULT WITH PROPER ORAL HYGIENE



WHAT CAN HAPPEN IF BRUSHING AND FLOSSING PROCEDURES ARE NOT FOLLOWED




- 1. BRACKET** The attachment bonded to the tooth or welded to the band
- 2. ARCHWIRE** A large removable wire that fits around the arch into the bracket slots
- 3. ELASTIC LIGATURE** Plastic ring that ties archwire into bracket or  
**LIGATURE WIRE** Tiny wire that ties archwire into bracket
- 4. HOOKS** Used to attach elastics (rubber bands)
- 5. BAND** A ring of metal with the bracket attached that is glued onto the tooth

# ORTHODONTIC BRUSHING AND FLOSSING PROCEDURES

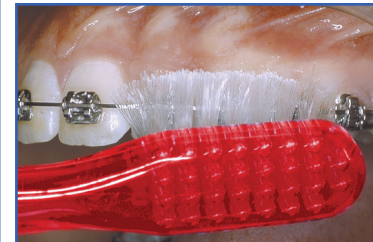
**Concentrate on the Danger Zone!**  
...the space between the bands or brackets and the gums!




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



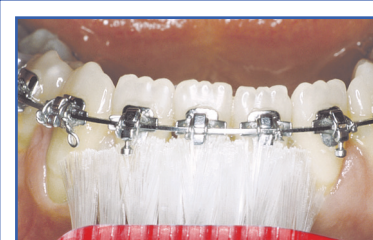
**1** Use a dry brush with a small amount of toothpaste. Place bristles where gums and teeth meet.




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



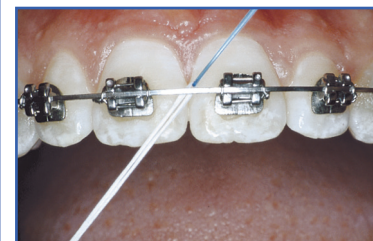
**3** Brush slowly, each arch separately, every tooth.



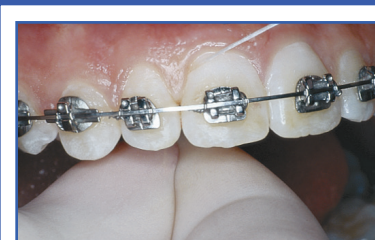
**4** Brush the lower teeth up and the upper teeth down. Brush your tongue and the roof of your mouth too!



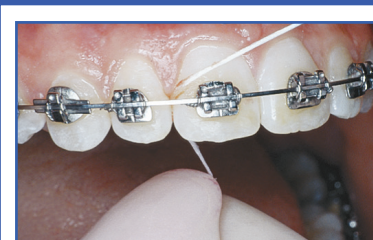
**5** Carefully pull unwaxed floss between wire and braces. A floss threader may be helpful.



**6** Floss carefully around the braces.



**7** Floss carefully around the gum area.



**8** Floss carefully around each tooth.

## 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.