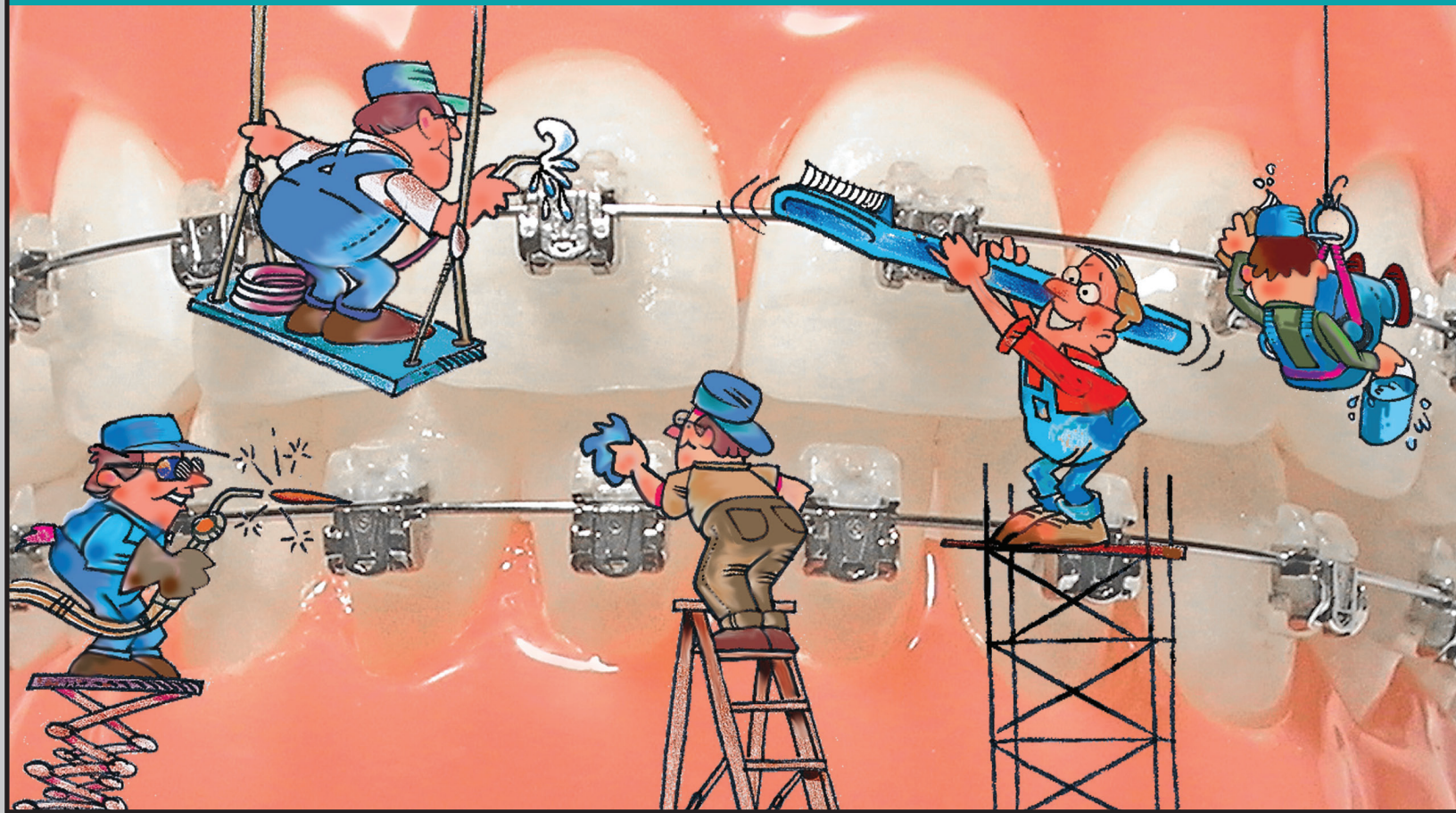


# ORTHODONTIC BRUSHING AND FLOSSING PROCEDURES



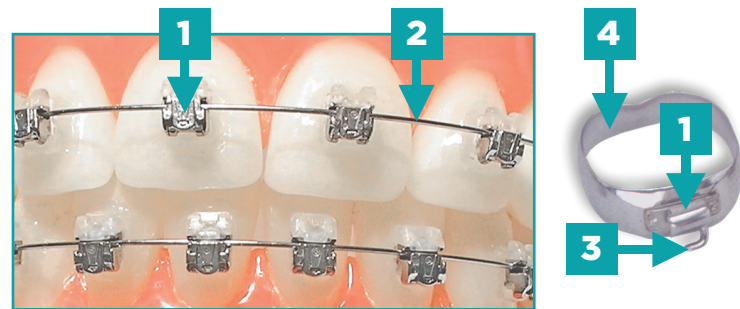
## It is your job to keep your teeth and braces spotlessly clean!



FINISHED RESULT WITH PROPER ORAL HYGIENE



WHAT CAN HAPPEN IF BRUSHING AND FLOSSING PROCEDURES ARE **NOT** FOLLOWED



Braces shown are Damon 3 Brackets from Ormco

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. **HOOKS** - Used to attach elastics (rubber bands)
4. **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.



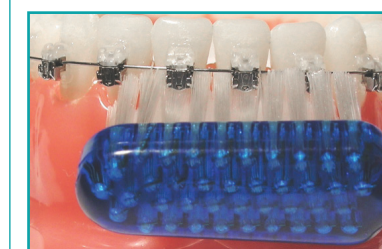
- 1 Use a dry brush with a small amount of toothpaste. Place bristles where gums and teeth meet.



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



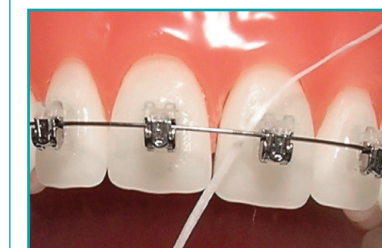
- 3 Brush slowly, each arch separately, every tooth.



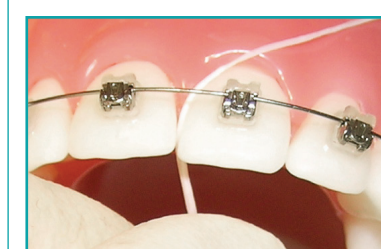
- 4 Brush the lower teeth up and the upper teeth down. Brush your tongue and the roof of your mouth too!



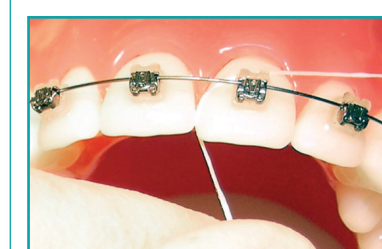
- 5 Carefully pull unwaxed floss between wire and braces. A floss threader may be helpful.



- 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.