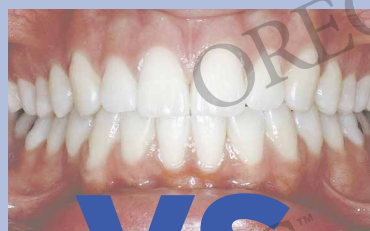


ORTHODONTIC BRUSHING & FLOSSING PROCEDURES



IT IS YOUR JOB TO KEEP YOUR TEETH AND BRACES SPOTLESSLY CLEAN!

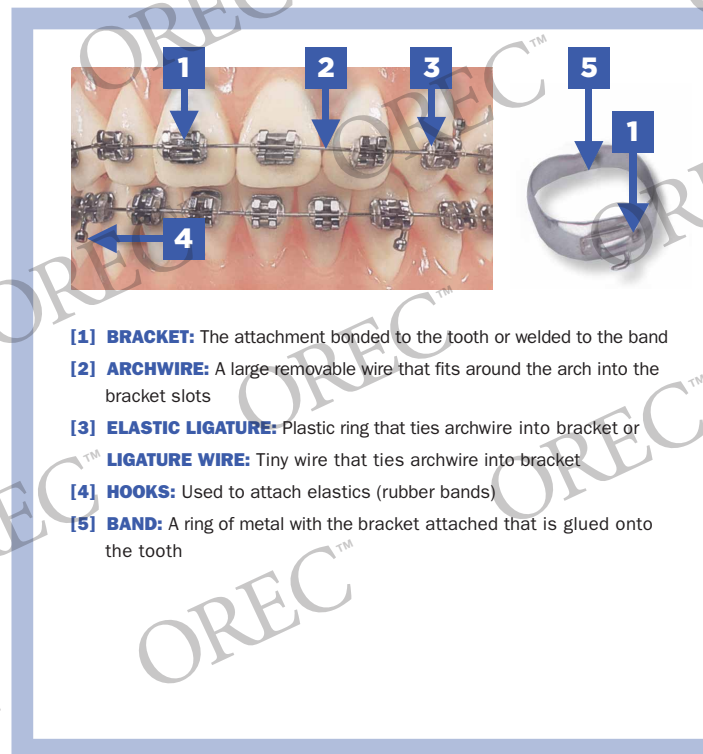


FINISHED RESULT WITH PROPER ORAL HYGIENE



WHAT CAN HAPPEN IF BRUSHING & FLOSSING PROCEDURES ARE NOT FOLLOWED

RESULTS

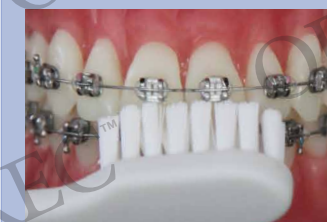


ORTHODONTIC BRUSHING & FLOSSING PROCEDURES

BRUSHING



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



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



3 Brush slowly, each arch separately, every tooth. Brush the chewing surfaces.



4 Angle the toothbrush above and below the brackets, and along the wires. Brush your tongue and the roof of your mouth, too.



Special tools can be used for hard-to-clean places. Ask your orthodontist what tool is best for you.

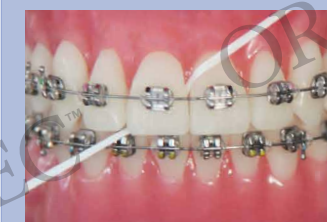
HOW
Use a soft-bristled toothbrush (or electric toothbrush if preferred).

WHEN
Brush after every meal or snack. If you cannot brush right away, rinse your mouth with water to help remove food and reduce acidity.

FLOSSING



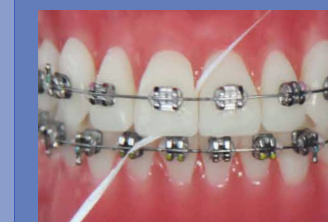
1 Carefully pull floss between wire and braces. A floss threader may be helpful.



2 Floss carefully around the braces.



3 Floss carefully around the gum area.



4 Floss carefully around each tooth.



HOW
Use floss threader between gums and braces.

WHEN
Nightly before or after brushing.

WHY
Removes plaque the toothbrush misses.

CONCENTRATE ON THE DANGER ZONE!
THE SPACE BETWEEN THE BANDS OR BRACKETS AND THE GUMS