

ORAL HYGIENE

Once you have your orthodontic appliances or braces in place, keeping your teeth, gums and appliances clean is very important. Braces, wires, bands, and retainers can all trap food particles and make it difficult to brush or floss away plaque. Carefully brushing and flossing, preferably after every meal and snack, is the best way to prevent plaque build up, tooth decay and gum disease.

BRUSHING

- Step 1: Start by brushing the outside of the teeth, with the brush at a straight angle. Use circular, vibrating motions.
- Step 2: Clean the area between the gums & braces by angling the brush down for the upper jaw (up for the lower jaw). Keep moving in small circular motions.
- Step 3: Keep moving the brush in circular motion while cleaning the rest of the outside of the teeth by angling up for the upper jaw (down for the lower jaw).
- Step 4: Carefully brush the chewing surface of both the upper & lower jaw.
- Step 5: Finish by brushing the inside of the teeth.

FLOSSING

- Step 1: Floss at least once a day. The floss needs to be pulled under the archwire, a floss threader facilitates this. Start by pulling the floss through the threader.
- Step 2: Push the end of the floss threader under the archwire & pull the floss through.
- Step 3: Pull the floss up between the teeth, & gently move it up & down the sides of both teeth. Remember to move it up all the way under the gums.
- Step 4: Pull the floss out & use a different section for the next tooth.

INTERDENTAL TOOTHBRUSH

An interdental toothbrush (proxabrush) is another helpful aid to keep your teeth, gums & braces clean & healthy. It is used to clean under orthodontic wires & around braces. Use this device right after the toothbrush, slowly & carefully. Angle the brush down for the upper jaw & up for the lower jaw. Always rinse the brush under running water before & after use.

PREVIDENT

The prescription for Colgate Prevident toothpaste & rinse you were given must be filled immediately. Prevident has extra fluoride, which helps to strengthen your teeth & also helps to prevent cavities & tooth decay from forming. The toothpaste should be used in addition to your regular toothpaste. Brush with Prevident right before you go to bed & leave it on while you sleep. The Prevident rinse is to be used once a week. For adults & patients over age 6, take 2 teaspoonfuls (10 ml) & rinse vigorously around & between teeth for one minute then expectorate.

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