

Brushing and Flossing Procedures



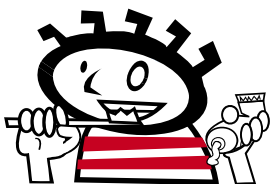
Once you have your Orthodontic appliances or braces in place, keeping your teeth, gums and appliances clean is very important! Braces, wires, bands and retainers can all trap food particles and make it difficult to brush or floss away plaque. Careful brushing and flossing, preferably after every meal and snack, is the best way to prevent plaque buildup, tooth decay and gum disease. If you cannot brush right after eating, rinse well with water.

- Step 1:** Using your soft bristle toothbrush, place bristles where gums and teeth meet.
- Step 2:** Use circular, vibrating motions around the gum lines, 10 seconds on each tooth.
- Step 3:** Brush slowly, each arch separately, every tooth.
- Step 4:** Brush the lower teeth up and the upper teeth down.
- Step 5:** With the brush at a straight angle, brush the outside of the teeth.
- Step 6:** Carefully brush the chewing surface of both the upper and lower jaw.
- Step 7:** Brush the inside of the teeth.
- Step 8:** Finish by brushing your tongue and the roof of your mouth too!

✧ **CONCENTRATE ON THE DANGER ZONE!** ✧
(the space between the brackets or bands and the gums)

- 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 and pull the floss through.
- Step 3:** Pull the floss between the teeth and gently move it up and down on the sides of both teeth. (Remember to move it all the way up under the gums!)
- Step 4:** Pull the floss out and use a different section of the floss for the next tooth.

If you are having trouble using the floss threader, we suggest purchasing Oral B SuperFloss. This floss comes with a hard, plastic tip attached to the floss, making flossing a little easier. SuperFloss is available at any major super store!



When you are finished brushing and flossing, rinse your mouth carefully with water or a mouth rinse, such as Prevident Dental Rinse (as prescribed by Dr. Sadowski).