








Brushing With Braces

BRUSH YOUR TEETH AT LEAST FIVE TIMES A DAY

		
Brush your teeth above and below the braces in the front	Brush your teeth above and below the braces in the back	Brush your teeth from the inside on top and bottom
		
Pass a dental floss between the brackets and under the orthodontic wire. Using a threader may make it easier.	Floss between the two teeth. Repeat the procedure throughout the arch. Flossing is recommended twice a day.	
<p><i>While brushing:</i></p> <ol style="list-style-type: none"> 1. Turn the toothbrush at an angle. 2. Brush over the front and back and chewing areas of each tooth. 3. Use slow, circular motions. 4. Brush thoroughly over your braces' wires and brackets, getting between them and cleaning as much of the surface as possible. 5. Gently brush your gums as well as your teeth. 6. Gently brush the roof of your mouth and your tongue. <p>After brushing, be sure and look at your teeth very thoroughly in the mirror to make sure you have gotten rid of all the plaque on your teeth.</p> <p>Use a fluoride rinse every night before sleeping. Do not eat, drink or rinse with water for at least an hour after rinsing. Recommended rinses are PHOS-FLUR (Colgate) and ACT (Johnson & Johnson).</p>		