

# ORTHODONTIC BRUSHING AND FLOSSING PROCEDURES

## BRUSHING With your toothbrush (soft bristles only):

### WHEN?

After every meal.

If you cannot brush right away, rinse well with water.

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



- 2 Use circular, vibrating motion 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!



## CONCENTRATE ON THE DANGER ZONE!

... the space between the bands or brackets and the gums!

- 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.



**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

