

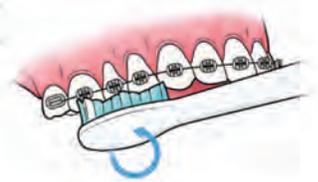
How to Brush?

- 1) Use a toothpaste recommended or prescribed by your orthodontist (for example: a prescription fluoride toothpaste, like Fluoridex).
- 2) Use a soft, end-rounded toothbrush that is in good condition.
- 3) Change your toothbrush/toothbrush-head often. The brackets from your braces will make bristles wear out more quickly than usual. (The American Dental Association recommends that your toothbrush be replaced every 3 months - not taking into account individuals with braces.)
- 4) Brush for a FULL 2 MINUTES. Be sure to get all surfaces of your braces and teeth, including front, back, sides, and chewing surfaces. Also brush your tongue and roof of your mouth.
- 5) You can see how well you're cleaning based on how shiny the surfaces of your braces are. You should be able to see the edges of the brackets clearly.
- 6) Don't forget to also gently brush your gums.
- 7) Thoroughly rinse after brushing with water or a mouth rinse recommended by your orthodontist.
- 8) Regularly inspect your braces and teeth in a well-lit mirror to be sure they are spotless and free of loose or broken appliances. If you find an issue, please see our handout "Handling Orthodontic Emergencies" and/or call the office to schedule an appointment to have the problem resolved.

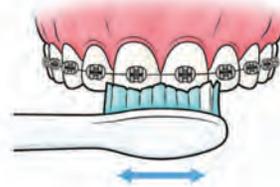
Right Side Above Braces



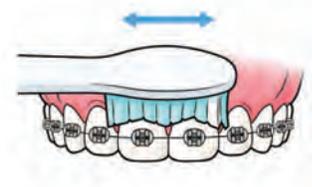
Right Side Below Braces



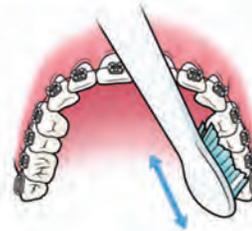
Front Below Braces



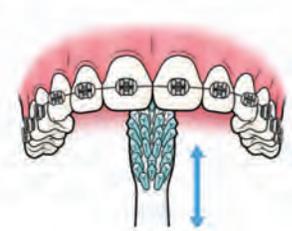
Front Above Braces



Chewing Surface

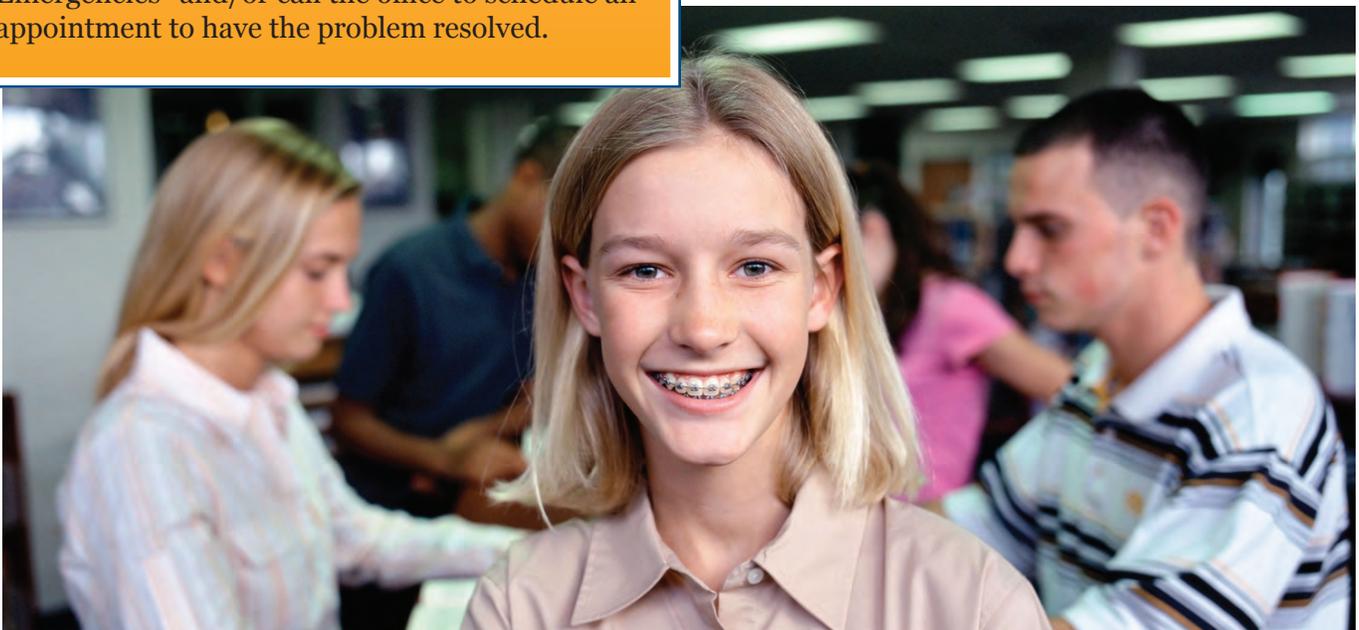


Lingual



REPEAT on Bottom Teeth

*** ALL HANDOUTS ALSO AVAILABLE ONLINE FOR DOWNLOAD.**



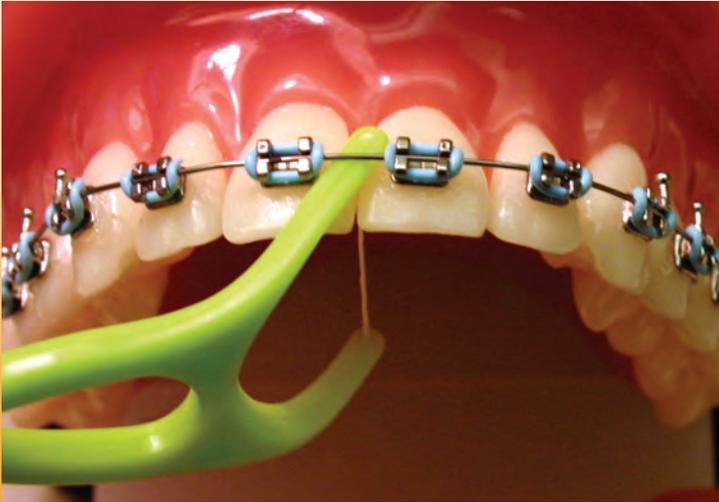
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How to Clean Between Your Teeth?



- 1) Keep in mind that flossing and cleaning between your teeth may take a little practice, but will become easier as you go. Although it may take a few extra minutes in addition to brushing, try to refrain from rushing.
- 2) Use an interdental cleaner recommended by your orthodontist or floss every night before you go to bed.
- 3) If you use floss, you may need the help of a “floss threader.” This reusable tool will allow you to more easily get the floss under your archwires.
- 4) If you use floss you will also need to be sure you clean carefully along and under your gumline.

Other Hygiene Helpers

Your orthodontist may recommend one or more of these aids to help keep your teeth clean:

INTERPROXIMAL BRUSH:

This tool slips under your archwire to help thoroughly remove plaque and food particles near your brackets.

AUTOMATED INTERPROXIMAL CLEANERS:

This tool uses microbursts of fluid to clean between your teeth.

PRESCRIPTION FLUORIDE TOOTHPASTE OR FLUORIDE RINSE:

Use a prescription fluoride toothpaste once a day, if prescribed by your orthodontist. For the best results, a rinse can be used with an interdental brush or automated interdental cleaner to provide the maximum level of fluoride protection.

POWER TOOTHBRUSH:

These devices are designed to make brushing easier and more thorough. Research shows that a power toothbrush is more effective at removing plaque and food debris than a manual toothbrush.



** Above image: Sonicare AirFloss automated interdental cleaner.*



** Above image: Oral B power toothbrush.*

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