

INSTRUCTIONS FOR **Oral Hygiene**

Brushing with braces is challenging, but proper oral hygiene is more important than ever! Poor brushing can leave your teeth with ugly discolorations, stains, or cavities around the braces.

Toothbrushes

A regular toothbrush used properly works quite well, even with having braces. We will show you how to brush. Electric toothbrushes are helpful, but they won't do all the work for you. Some patients find water flossers (i.e., Waterpik) helpful. Brush after every meal. Take time to focus on brushing above and below the wire. It is especially important to clean between the braces and your gums. If you notice your gums are red or puffy, more time needs to be spent cleaning these areas. Brushing your tongue each time you brush your teeth helps keep your breath fresh and removes debris and bacteria.

Floss

We will show you how to effectively floss with braces. Floss threaders can be a helpful tool when flossing with braces; they can be found at your local pharmacy or discount store.

**Continue visiting your dentist
every six months for cleanings.**

If you are unsure or have any questions regarding or flossing, let us know. We're happy to help!

888.55.BRACES

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