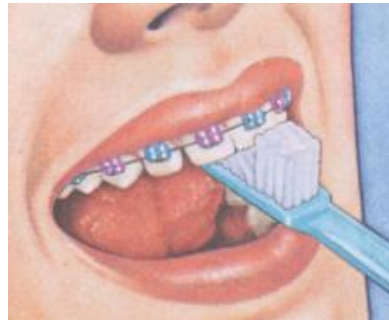


How to Brush with braces

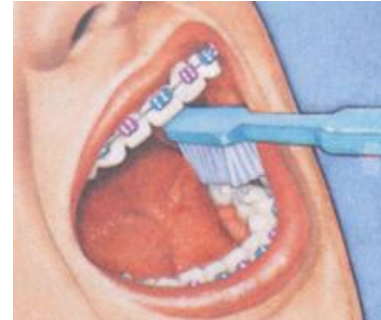
Brushing should take at least 2 full minutes. Brush in the morning, after eating and before bed.



Brush the front and back of each of your front teeth. Hold the toothbrush at an angle and use slow circular motions. If using an electric brush, angle the rotating head between the bracket and gum line.



Work the brush between the wires and brackets of your braces. Go slowly and try not to break the brackets off your teeth. Make sure you cover all sides of the brackets. Gently brush around the gum line and if you want, brush your tongue.



Brush the top and sides of each back tooth. Also use the proxy-brush and or floss between each tooth to remove plaque and food. You should brush for at least 2 minutes. Use the timer on the electric tooth brush as a guide. After brushing you may rinse with mouthwash.

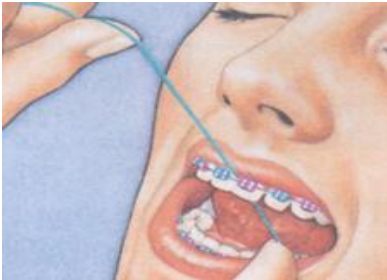
If you wear braces and other appliances, you need to give your teeth extra care. This means extra time flossing and brushing. Food gets trapped around the wires and especially between the bracket and gum margin. If the bacteria is not removed this will cause permanent stains and cavities.



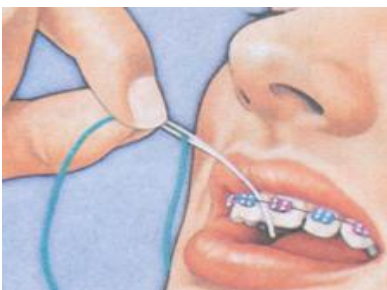
If you don't keep your teeth and braces clean, you can get stains that won't come off the enamel called decalcification. You can also develop cavities and gum disease.

How to floss with braces

Flossing daily helps get rid of bits of food between teeth that your brush can't reach. This helps keep your gums healthy and prevents tooth decay. Superfloss or use of a floss threader will help direct the floss under the wires.



Put 1 or 2 feet of floss into a floss threader. Thread the floss between your teeth and the wires of your braces. Remove the threader. Alternately, use superfloss instead of a floss threader.



Wrap the ends of the floss around your fingers. Pull to make a "V" shape. Rub the floss up to the gums and then down the sides of the teeth. Do this between each tooth. When cleaning a bonded retainer move the floss in and out rather than up and down.

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A lifetime of smiles

You know better than anyone that wearing braces takes a little effort. Let that work pay off. Good cleaning habits today will help your smile look great for a lifetime.

The best way to keep your teeth and braces clean is to brush and floss. It also helps to visit your dentist regularly for cleanings. Here are some tips:

- Carry a travel toothbrush and proxy-brush
- Rinse your mouth after eating
- Use an electric toothbrush
- Use a fluoride rinse daily