

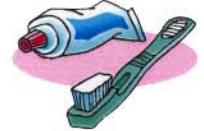


CARING FOR YOUR TEETH DURING ORTHODONTIC TREATMENT



HOW OFTEN SHOULD I BRUSH MY TEETH?

- Brush your teeth four times a day ~ after breakfast, after lunch, after dinner and before bed. Carry a travel orthodontic toothbrush and/or proxy brush so that you can brush your teeth when you are at school or work, and before your orthodontic appointment.
- Brush your teeth before every orthodontic appointment.
- Brush your teeth as soon as possible after eating anything sweet. Foods high in sugar may cause permanent staining and decay of your teeth.



HOW SHOULD I BRUSH & FLOSS MY TEETH WITH BRACES ON?

- 1 Guide the floss underneath the archwire and be sure to floss carefully between all of your teeth, including around the back of your last molar.
 - 2 Brush back and forth to remove food particles from the exposed tooth surfaces between your gums and braces. Do this for both the upper and lower teeth.
 - 3 Position the brush at a 45° angle towards the gums and brush as if you didn't have braces. Make small circular motions with the brush. Repeat this throughout the mouth focusing on two or three teeth at a time. Once the outsides of the teeth are clean move on to the insides and repeat. Take your time, you should spend at least two minutes brushing your teeth.
 - 4 Brush the chewing surfaces last, remembering to brush both the upper and lower teeth.
 - 5 Rinse your mouth and look in the mirror to see if you missed any food particles or plaque. Make sure that your braces look shiny and clean.
- Use an orthodontic toothbrush with soft bristles
 - Use a proxy brush to clean the hard to reach areas around your braces.
 - Use a fluoride containing mouthwash before bed.
 - Continue to see your dentist regularly during your orthodontic treatment.



It is a common misconception that braces cause tooth decay and staining. The truth is that these problems result from poor oral hygiene. It is important to adopt good habits regarding brushing and flossing to ensure that gum disease, staining and cavities do not develop. Be sure to ask your orthodontist or dentist if you have any questions regarding your oral hygiene.

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