

ORAL HYGIENE WITH BRACES

It is necessary for any one at any age to take their oral hygiene seriously to have a healthy mouth, gums, and teeth. This need is felt even more when you are undergoing orthodontic treatment because accessing certain parts of your teeth surface can be harder.

Also, you have to be more careful about what you chew and avoid eating sticky or hard foods to keep your tools functional.



Brushing instructions



Brushing: step 1

Place your toothbrush at a 45-degree angle to your gum so the bristles of your toothbrush go under the archwire and between your teeth.

High Fluoride toothpaste is recommended for adults.
Such as Neutrafluor 5000



Brushing: step 2

Brush the outer and inner surfaces of each tooth.



Brushing: step 3

Brush gently in a circular motion trying to clean each individual tooth. Angle both down into the braces as well as up into the braces.



Brushing: step 4

Brush the chewing surfaces of each tooth



Brushing: step 5

Use the tip of your brush for the inner surface of your front teeth.



Brushing: step 6

Use an interdental brush to clean next to the brackets



Brushing: step 7

Use interdental brush to clean the spaces between teeth
DO NOT rinse your mouth after brushing, just spit out

Flossing instructions

Flossing with braces takes a bit longer than flossing without braces but it is extremely important as brushing alone will not remove all the plaque and food from around your braces.



Flossing: step 1

Thread Oral B Superfloss carefully under the arch wire of your braces before passing it between two teeth. Floss down just under the gum line.



Flossing: step 2

Remove the floss and pass it under the arch wire again, between the next two teeth.



Flossing: step 3

Be careful not to pull the floss up or down too hard as you may injure your gums or break the arch wire. Parents may need to help floss for younger children.