

Brushing: It's more important than ever to brush and floss regularly when you are wearing braces, so the teeth and gums are healthy after orthodontic treatment. Patients who do not keep their teeth clean may require more frequent visits to the dentist for a professional cleaning. We recommend that you use a soft bristled toothbrush with moderate force and a toothpaste that contains fluoride. Place the toothbrush at an angle so that you feel the bristles under your gum line and use small circular motions. Completely clean each surface of every tooth in your mouth, including the areas above, below and between each brace. Each surface of every tooth should be scrubbed with 10 strokes of the toothbrush. This should take 2-3 minutes. We recommend that you brush at least 4 times per day: after breakfast, after lunch (or as soon as you get home from school), after supper and at bedtime. Your toothbrush will wear out faster because of your appliances, so be sure to replace it whenever the bristles start to fray.



Step 1: Use a soft toothbrush with a small amount of toothpaste. Completely clean each surface of every tooth in your mouth, including the areas above, below and between each brace.



Step 2: Use circular, vibrating motions around the gum line. Scrub each surface of every tooth with 10 strokes of the toothbrush. This should take 2-3 minutes.



Step 3: Brush every tooth slowly. Brush the upper teeth down.



Step 4: Brush the lower teeth up. Also brush your tongue and the roof of your mouth

Remember that a toothbrush might not reach the areas under the archwire properly. Proper oral hygiene also involves flossing and the use of an interdental toothbrush (Proxabrush), a fluoride mouth rinse such as ACT or a prescription fluoride gel.

Flossing: Dental floss is a nylon thread that is used to remove food particles and plaque from between the teeth. Flossing is more difficult when you have braces on your teeth. A floss threader may be needed to get the floss under the archwire. (note: floss threaders are reusable). Use a piece of floss about 12 inches long. Use the floss threader to get the floss under the wire. Slide the floss up and down along the tooth surface. When the tooth is clean the floss will "squeak" as you slide it up and down along the tooth surface. Be very careful to not pull with too much force on your archwire. Flossing is important and should be done every day. The best time to floss is before bedtime after brushing to remove the plaque missed by brushing. This process will take more time than flossing without braces. If your gums are not healthy, they may bleed the first few days you floss. **In addition to flossing** we recommend the use of a waterpik for optimum hygiene results and gum health.



Waterpik:
Is available for purchase at any pharmacy, Costco or supermarket



During your orthodontic treatment we recommend the use of **a prescription fluoride gel, twice a day** (control Rx) in addition to your regular brushing & flossing routine, you can purchase a Rx fluoride product at our reception desk. This aids in prevention of cavities, remineralization of tooth enamel and reduction of bacteria in the mouth.

Interdental Toothbrush



An interdental toothbrush (Proxabrush) is another aid you may find useful to keep your teeth, braces and gums clean and healthy. It can be used to clean under orthodontic wires and around braces. Use this device slowly so you do not damage your braces.