

Orthodontic Brushing & Flossing Procedures

Brushing with your toothbrush (soft bristles only)

When?

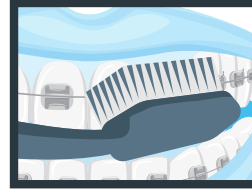
After every meal. If you cannot brush right away, rinse well with water.

1.



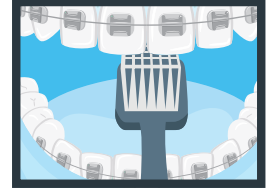
Use an electric or manual toothbrush with a small amount of toothpaste. Place bristles where gums and teeth meet.

2.



Use circular, vibrating motions around the gum lines, while maintaining the toothbrush at a 45° angle.

3.



Brush slowly, each arch separately, every tooth. Brush your tongue too!

Flossing

When?

Nightly after brushing.

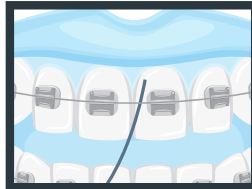
How?

Use floss threader between gums and braces.

Why?

Removes plaque toothbrush misses.

5.

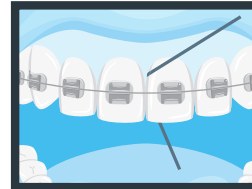


Carefully pull unwaxed floss between wire and braces. A floss threader may be helpful.

*The Platypus flosser works well too as an alternative!

www.platypusco.com

6.



Floss carefully around the gum area and braces.

7.



Floss carefully around each tooth.

It is your job to keep your teeth and braces spotlessly clean!



Finished result with proper oral hygiene



What can happen if brushing and flossing procedures are not followed