



Maintaining good hygiene requires special care while you are undergoing orthodontic treatment. As you eat, your teeth and appliances collect food. If the food is left in the mouth, especially overnight, a thick plaque forms on the teeth and gums. This plaque causes tooth decay, decalcification markings on the teeth, and could lead to gum disease.

Bleeding and swollen gums are usually a sure sign that plaque is not being removed. If your gums are swollen, your teeth will not move into their new positions as easily and you will experience more discomfort. Follow these guidelines for a clean healthy smile during your orthodontic treatment:

#### INSTRUCTIONS FOR BRUSHING WITH BRACES:

- Use a soft bristle brush with a small amount of toothpaste. Place the toothbrush where the gums and teeth meet.
- Use circular, vibrating motions around the gum lines. Ten seconds on each tooth.
- Brush slowly, each arch separately, every tooth.
- Brush the lower teeth—slanting the toothbrush up, and the upper teeth—slanting the toothbrush down. Brush your tongue and the roof of your mouth too!

#### INSTRUCTIONS FOR FLOSSING WITH BRACES:

- Carefully guide dental floss between the brackets and under the wire. A floss threader is helpful.
- Floss carefully around the braces.
- Floss carefully around the gum area.
- Floss carefully around each tooth.

**BRUSH...When You Wake Up...After Every Meal...Before You Go To Bed!**