

FLOSSING AND BRUSHING WITH BRACES



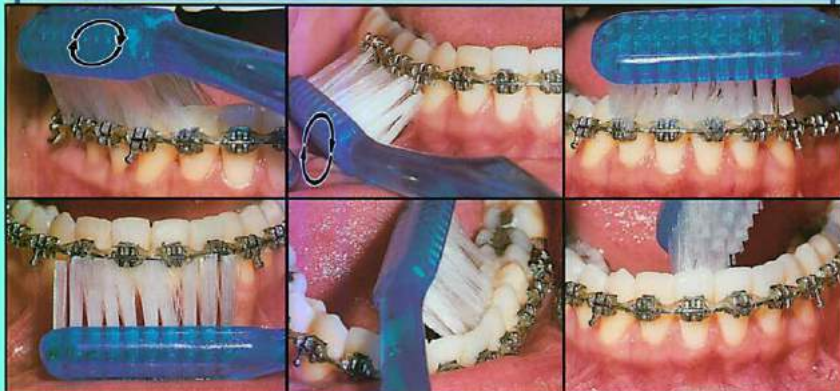
Insert Floss behind archwire.

Gently clean sides of teeth and under gums with an up-and-down motion.

Floss between all teeth once a day.



Use a soft toothbrush. Start brushing on the upper right. Brush above and below the braces using a small circular motion. Slowly work your brush toward the front teeth and over to the left side. Then brush the insides and biting surfaces. Take your time.



Starting on the right side, brush the outside of the lower teeth. Using the circular brushing motion, brush above and below the braces until the teeth and braces are sparkling clean. Move the brush slowly toward the front and left side. Then brush the insides and tops of teeth.

After Braces

Excellent Brushing and Flossing



Healthy Gums, Beautiful Teeth

Poor Brushing and Flossing



PLEASE CONTINUE TO VISIT YOUR DENTIST REGULARLY WHILE YOU HAVE BRACES.