



BRUSHING & FLOSSING WITH BRACES

STEP # 1
PROXABRUSH



UPPER



LOWER

- * Use daily
- * Direct bristles away from gums, up on the bottom, down on the top
- * Use several strokes in each area and rinse bristles between each area

Proxabrush refills #614 & #612 can be purchased at your pharmacy

STEP #2
BRUSHING BETWEEN BRACES & GUMS



UPPER



LOWER

- * Use a soft toothbrush and brush at least twice a day - brushing before bed is very important
- * Start on the upper right
- * Brush above the braces using a circular motion
- * Slowly work your way over to the left side
- * Repeat above procedure on the lower teeth

STEP #3
ON AND AROUND BRACES



UPPER



LOWER

- * Start on the upper right and brush on braces and below braces using a circular motion
- * Slowly work your brush toward the front teeth and over to the left side
- * Repeat above procedure on the lower teeth

STEP #4

GUM MASSAGE



- * Gum massage is extremely important when wearing braces
- * Starting on the upper right place toothbrush on the area where the teeth meet the gums.
- * Slowly massage this area using a circular motion working your way over to the left side
- * Repeat above procedure on the lower teeth

STEP #5
FINISH BRUSHING

- * Brush the insides and biting surfaces of the teeth
- * Repeat this procedure on the lower teeth.
- * Brush the roof of your mouth & your tongue
- * After brushing check in mirror for missed areas and repeat if necessary



FLOSSING



- * Floss daily if possible
- * Insert floss under archwire using a floss threader
- * Gently clean the sides of teeth and slightly under the gum using an up and down motion
- * Don't pull too hard or you could bend the archwire or break a bracket

Please be sure to remove and brush any removable appliance or retainer each time you brush your teeth

PLEASE CALL THE OFFICE IF YOU LOSE A BRACKET, BEND A WIRE, BREAK YOUR APPLIANCE, OR IF YOU HAVE ANY QUESTIONS REGARDING YOUR TREATMENT.