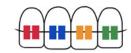
# Dr. Zia Beg, Certified Specialist in Orthodontics BRUSHING & FLOSSING WITH BRACES



## 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.