



## How Should You Clean Your Teeth During Orthodontic Treatment?

1. Brush back and forth, between the wires and gums on the upper and lower teeth to loosen the food particles.
2. Then brush as if you had no braces...
  - A. Start on the outside of the uppers with the bristles at a 45° angle toward the gums. Scrub in a circular motion, two or three teeth at a time using 10 strokes, then move on.
  - B. Brush the same way on the inner surfaces of the uppers.
  - C. Scrub the chewing surfaces last.
  - D. Start on the outside of the lower teeth and repeat this process.

**Remember to direct the brush at an angle toward the gums.**

3. Rinse your mouth and toothbrush. LOOK IN A MIRROR to see if you have missed any places. Check the little half-moon spaces of teeth between the bands and gums and the space between the molar tubes and gums. If you see any areas you have missed, clean them now.



A small pointed brush such as a proxy brush can be helpful cleaning those hard-to-reach places around your braces.

When you have finished brushing, the brackets and wires should be free of all food particles and the soft white coating (called plaque). The braces should look clean and shiny.

Flossing between your teeth when full appliances are in place will be difficult and requires a special process. Ask us for instructions.



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