

Brushing & Flossing with Braces

Careful cleaning is required with braces, because plaque bacteria are easily trapped inside and around them. The following procedure will make daily brushing and flossing both simple and effective.

- **Prepare to brush.** Take off elastics and any other removable parts of your orthodontic appliance.
- **Clean your braces.** Brush from the top of each wire down to the bottom. Take your time to ensure that all plaque and debris are removed, and that you work all the way around upper and lower teeth.



- **Brush your teeth.** Clean each tooth individually. First, place your brush at a 45-degree angle the gum line, then apply gentle pressure as you move in a circular motion. Do this for about 10 seconds.

- **Floss once a day.** Have your dental professional show you the best way to floss. You may also want to use a flossing product designed for braces and orthodontic work, like a floss threader.

- **Rinse and check your teeth.** Rinse thoroughly with water or mouth rinse, and examine your teeth and braces in the mirror.

Important Tips

If your gums do hurt or bleed while brushing or flossing, or you are experiencing persistent bad breath, see your dentist. Any of these conditions may indicate a problem.

Food

Follow these helpful tips to ride the wave of confidence with us throughout your entire treatment.

- Soft foods
- Avoid sticky candy
- Fast food to eat with braces
- Chew carefully



For any further enquiries contact us

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A Complete ORAL HYGIENE GUIDE DURING ORTHODONTIC TREATMENT

