

Flossing and Brushing with Braces

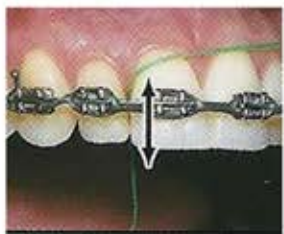
PERFECT SMILES ORTHODONTICS



Flossing with Braces



1. Insert Floss behind archwire



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



Brushing with Braces



1. Use a soft toothbrush. Start brushing on the right. Brush above the braces using a small circular motion.



2. Brush below the braces using a small circular motion.



3. Slowly work your brush toward the front teeth and over to the left side.



4. Brush the insides.



5. Brush the biting surfaces

- Do the same for both upper and lower teeth

Importance of Proper Flossing and Brushing

Results after braces:



Healthy Gums, Beautiful Teeth

Excellent Brushing and Flossing



White spots on permanent teeth

Decay

Swore and Swollen Gums

Poor Brushing and Flossing