



HELPFUL HINTS FOR GOOD ORAL HYGIENE

1. Must use a soft bristle toothbrush.
2. Brush three to four times a day, after every meal. If you can't brush in school or at work, brush right when you get home and after snacks.
3. Braces should always look bright and shiny, never dull and cloudy. Gums should always be pink, never red and puffy.
4. Flossing should be done once a day, whether in the morning or at night, it is your choice.
5. Remember to use the fluoride gel, right before you go to bed after brushing. Do not rinse afterward.

PROPER WAY TO BRUSH

1. Start without toothpaste- wet your brush and loosen any food particles that might be stuck in braces.
2. Put toothpaste on brush, start way in back doing a circular motion. Make sure you brush behind your teeth- that's important too!
3. Rinse- then take your toothbrush and sweep down on upper teeth, sweep up on bottom teeth (away from gum line) to make sure you didn't miss any hidden food particles.
4. Massage gums softly to make sure gums stay in good health. Don't brush too hard (this may cause recession and gum disease). Brush thoroughly, not roughly.
5. Double check in the mirror.
6. Brushing and flossing should take a total of about 10 minutes every time you brush.
7. Regular dental visits every six months, (even with braces) is very important for good oral hygiene.

