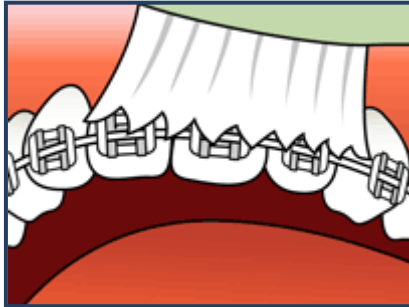


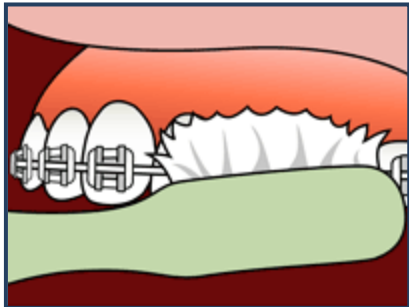
Brushing and Flossing with Braces

Brushing



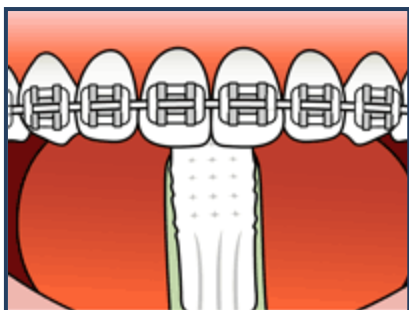
Step 1

Using a dry brush with a small amount of toothpaste place bristles where gums and teeth meet.



Step 2

For 10 seconds on each tooth use circular, vibrating motions around the gum lines.



Step 3

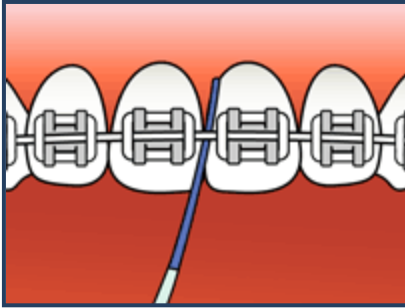
Every tooth of both arches should be brushed slowly.



Step 4

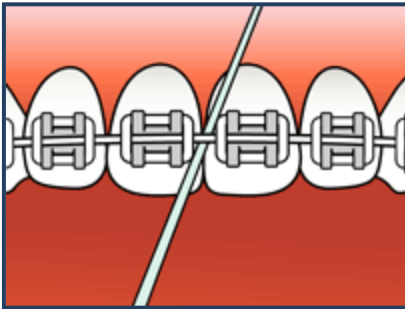
Brush the lower teeth from gum line up and the upper teeth from the gum line down. Brush the roof of your mouth and your tongue too!

Flossing



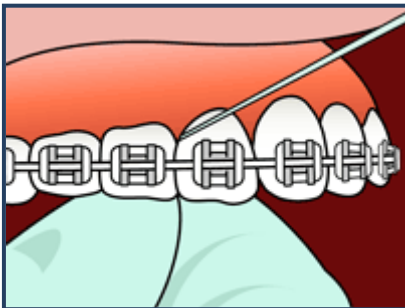
Step 1

Carefully thread unwaxed floss between braces and wire. You may find a floss threader helpful.



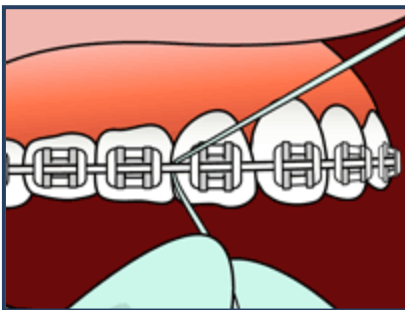
Step 2

Carefully floss around the braces.



Step 3

Carefully floss around the gum areas.



Step 4

Carefully floss around each tooth.