

instructions for brushing with braces

brushing and cleaning

The Ortho Practice wants you to achieve the very best results from your orthodontic treatment. Should it become apparent that the success of your treatment is at risk owing to poor oral hygiene, you will be advised of our concerns. If there is no improvement, a fee will be charged for additional care products that you will need to use. You will also be required to attend additional visits, in conjunction with your general dentist, so we can monitor your progress to an acceptable level of oral health.

steps for brushing correctly

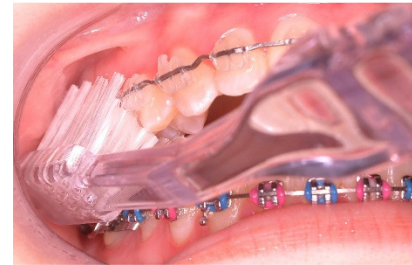
We suggest brushing 3 times a day for 3 minutes.

1



Start by brushing on top of your braces in a circular motion, reaching the gums and the top surfaces of the teeth. You should be able to feel the bristles of the brush tickle your gums. Do this for each tooth

2



Place the brush at an angle to reach under the wire. Gently brush around and over the braces in a circular motion. Do this for each tooth.

3



Jiggle the bristles in between the wire to get rid of plaque and food. Repeat these steps all around your mouth.

4



Repeat steps 1, 2 and 3 for the lower teeth.

5



Brush behind the lower teeth and lower back biting surfaces.

6



Brush behind the upper teeth and upper back biting surfaces.

7



When you have finished brushing each surface, use a small interdental brush to clean difficult areas where the toothbrush cannot reach. This is to go in between each tooth under the wire.

disclosing tablets

For the first 4 weeks after having your braces on, it is a good idea to use disclosing tablets to see where you are missing when you brush.

To use:

- Brush your teeth to the best of your ability following the instructions provided
- Chew on a tablet until the tablet has dissolved then spit out excess, wipe your teeth with your tongue
- Smile in the mirror, whatever has turned blue is old plaque, and pink is new plaque
- Go back and brush away all of the stains for a more thorough clean

Before disclosing tablet:



After disclosing tablet:



The areas you haven't brushed properly will stain!

gums

Gum disease occurs when there has been a lack of brushing and bacteria are left behind. This causes your gums to become infected and results in gum inflammation which is known as gingivitis.