

## instructions for brushing and flossing

### 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 correct brushing

We suggest brushing 3 times a day for 3 minutes with a soft toothbrush.



**1** Start by brushing your top teeth in a circular motion, reaching the gums and the surfaces of the teeth. Start at the tooth which is furthest back. The brush should be at a 45° angle to the gums.



**2** Move the brush along all the upper teeth in this motion.



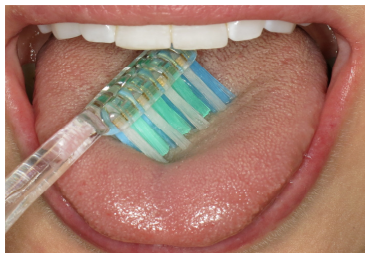
**3** Do the same for the lower teeth. Keep the brush at a 45° angle.



**4** Repeat technique for the inside of the upper and lower teeth, making sure you brush behind your front teeth too.



**5** Brush all the biting surfaces of your teeth.



**6** Brush your tongue.



**7** To finish, floss every night to clean difficult areas where the toothbrush cannot reach. This is to go in between each tooth. Have a 30cm length of floss to ensure you use a new section for each tooth.

### **de-calcification**

When teeth are not brushed thoroughly, in conjunction with a poor diet, you can get white marks known as decalcification. These marks are permanent and cannot be removed.

It is important to stay on top of your brushing to prevent decalcification marks.



### **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.

