



## Brushing with Braces

Brushing should be done after every meal. If you can't brush, make sure you rinse well with water.

### PLEASE AVOID:

#### HARD FOOD:

Hard candy, popcorn, ice, beef jerky, nuts, Fritos, Doritos and hard tacos.

#### STICKY FOOD:

Caramel, starbursts, gummy bears, tootsie rolls, taffy and especially GUM!

\* Avoid Whitening Toothpaste \*



Place bristles where gums and teeth meet.



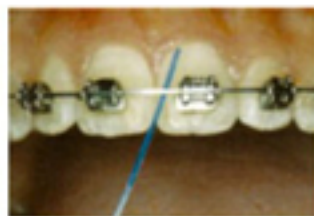
Use circular motions around gums and brackets.



Use the proxy brush to clean in between the brackets and along the gumline in hard to reach areas like the back of your mouth.

## Flossing with Braces

Flossing should be done nightly after brushing to remove the plaque and food debris brushing misses.



Guide floss threader behind wire with floss looped in end.



Pull one end of floss through and remove threader.



Floss carefully around gums and in between teeth. When moving to next tooth, remove floss and repeat process with threader.

\* After braces are placed it is normal for the teeth to be sore for the first week. Tylenol or Advil will help relieve this discomfort but check with your family doctor before taking. Some irritation to the cheeks and tongue is normal, but if you feel anything sharp or sores develop, call our office.

\* Make sure you see your family dentist for your regular check-ups and cleaning appointments throughout your orthodontic treatment.



POOR BRUSHING CAN CAUSE PERMANENT DAMAGE TO TEETH!