



## **TOOTHBRUSHING INSTRUCTIONS REVIEW**

**Let's review a few important points we talked about in the office today:**

- Clean braces are bright and shiny. Dirty braces are covered with a white, milky film of bacteria called plaque.
- Plaque causes tooth decay, bad breath, swollen gums and eventual gum disease. As plaque builds up along the gumline, bacterial/germs irritate your gum tissue making it become red, puffy, sore and likely to bleed.
- Gums that bleed or swell have not been thoroughly brushed. Brush between the gums and the braces to massage gums and disrupt bacteria.

The best method for removing plaque is tooth and gum brushing, flossing and fluoride rinses. This daily oral hygiene home care program takes time- your time. But, it can also shorten the time you have to wear your braces and reduce the risk of developing white spots on your teeth.

### **A few reminders:**

- Brush a minimum of four times per day- after breakfast, after lunch, after dinner and before you go to bed.
- Brush first with water, then brush again with a small amount of toothpaste.
- Floss once a day. Use a proxi-brush to clean under the wires.
- **Never** sit down in a treatment chair unless your teeth are clean. Braces and appliances cannot be adjusted properly when they are dirty.

**OKAY... now it is up to you!**

*Please call if you have any questions or need help.*