

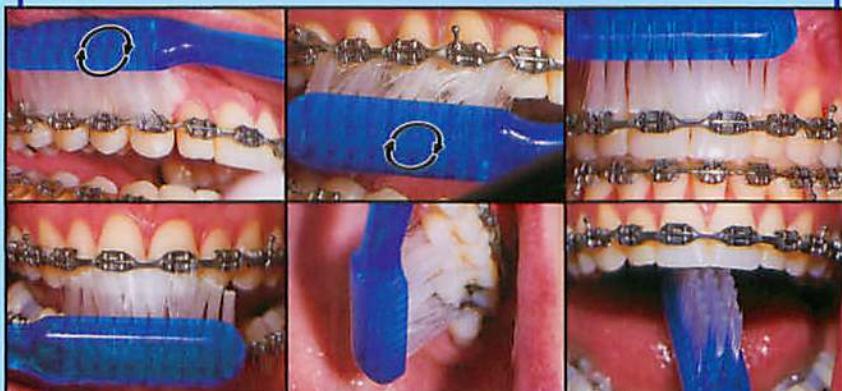
FLOSSING AND BRUSHING WITH BRACES



Insert Floss behind archwire.

Gently clean sides of teeth and under gums with an up-and-down motion.

Floss between all teeth once a day.



Use a soft toothbrush. Start brushing on the upper right. Brush above and below the braces using a small circular motion. Slowly work your brush toward the front teeth and over to the left side. Then brush the insides and biting surfaces. Take your time.



Starting on the right side, brush the outside of the lower teeth. Using the circular brushing motion, brush above and below the braces until the teeth and braces are sparkling clean. Move the brush slowly toward the front and left side. Then brush the insides and tops of teeth.

← After Braces →

Excellent Brushing and Flossing



Healthy Gums, Beautiful Teeth

Poor Brushing and Flossing



White spots on permanent teeth

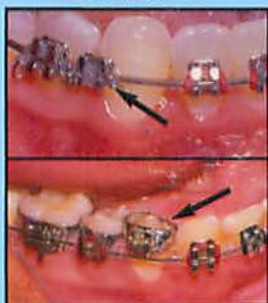
Decay Sore, Swollen Gums

PLEASE CONTINUE TO VISIT YOUR DENTIST REGULARLY WHILE YOU HAVE BRACES.

PROBLEMS

SOLUTIONS

LOOSE BRACKET



If the bracket or band is still attached to wire, leave it in place. If uncomfortable, cover with wax. If it comes out completely, bring it with you to the next appointment. Call for an appointment. **DO NOT CONNECT HEADGEAR OR ELASTICS TO A LOOSE BAND.**

LOOSE BAND



Please call to ask if an appointment is necessary. Notify the assistant at your next appointment.

LOST TIE WIRE OR ELASTIC TIE

HEADGEAR OR APPLIANCE DOES NOT FIT

Call for an appointment.

SORENESS FROM BRACES

Rinse the mouth with warm salt water. If necessary, take the pain reliever that you would use for a headache or similar discomfort.



WIRE OUT OF TUBE

Try to place wire back into tube with tweezers. Place wax if uncomfortable, call for an appointment.



ROTATED ARCHWIRE

Try to slide wire back around to the other side. If unsuccessful, place wax on wire and call for an appointment.



POKING TIE WIRE

Bend wire back with a spoon or pencil eraser. If unsuccessful, cover with wax and call for an appointment.



POKING ARCHWIRE

Cover with wax or wet cotton. Call for an appointment.

ACCIDENTS INVOLVING THE TEETH

Call your dentist or orthodontist immediately.

EXTENSIVE REPAIRS MAY REQUIRE AN APPOINTMENT DURING MORNING HOURS. PLEASE BE CAREFUL WITH YOUR BRACES.