

Brushing With Braces!

Congratulations! Now we need to work hard together to keep your teeth as clean as possible because braces trap a lot of food and cause plaque to build-up on your teeth. Unfortunately this may lead to cavities, gum problems and permanent white marks on your teeth, unless we take excellent care in cleaning your teeth while you are in treatment. This is easier with your Ortho Care Oral Hygiene kit!

Please make sure you brush your teeth after EVERY meal to help prevent cavities!

Brushing:

Brushing should be done at least 4 times during each day. Brush after breakfast, lunch and dinner and before bed.

- Hold your electric tooth brush over the brackets and move along the archwire.
- To brush the gum line by positioning the brush between the bracket and the gum line and move from one tooth to the next.
- The biting surfaces of the teeth should be brushed in the usual way.
- The insides of the teeth should be brushed by positioning the brush at the inside surface of the each tooth and moving from one tooth to the next.
- Brush the tongue.
- Make sure you brush for two full minutes each time and follow the smart guide.
- Floss at least once a day, preferably at night. Use the floss threader to thread the floss under the wire and then slide it between your teeth.

Proxabrush:

- The proxabrush should be used at night before bed after the normal brushing.
- Use the proxabrush in between braces and under the wire to remove leftover plaque and food.
- 10-20 strokes should be used between each tooth to reach the area on the tooth beneath the archwire.
- No toothpaste is needed and frequent rinsing is necessary to dislodge food.

We appreciate your help in maintaining excellent oral hygiene!

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