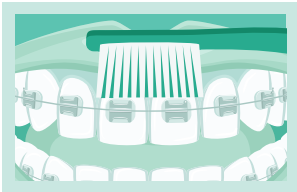


# BRUSHING & FLOSSING WITH BRACES



## BRUSHING



Start with brushing above and below your braces  
*(do not forget to brush your gum lines!)*

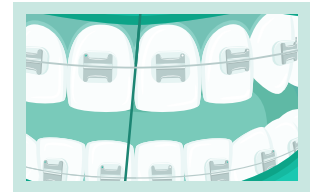
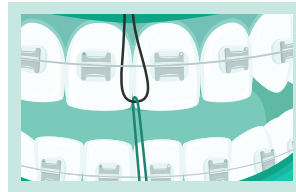


Next, brush the surface  
of your braces



Lastly, use the tip of your  
toothbrush to brush  
behind each tooth

## FLOSSING

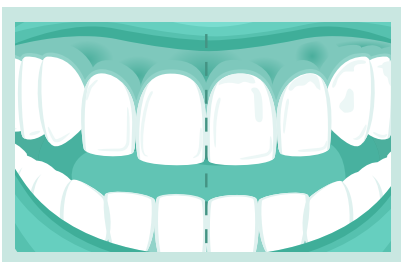


First, use floss threader to pull floss under wire and  
between braces



Next, gently floss between  
each tooth

With braces, it is required that you brush **3 times a day**, ideally after each meal.  
If you can not brush right away, rinse thoroughly with water.



Not brushing well enough with your braces can result in permanent scars called "white spots" that are actually the beginning of cavities and may not resolve with medicated toothpastes, potentially requiring more invasive dental procedures.