

## Brushing Instructions

Brushing with braces is a little different than brushing before you had braces. You have to do it more often, you have to spend more time when you do it, it may not be very exciting - but it's important in order to get all the food and plaque off of your teeth!

Always be sure to use a soft toothbrush; medium or hard is not good for your gums – never use one of those! An electric toothbrush can also work well, we recommend buying a Sonicare or an Oral B 3-D. Use any ADA approved toothpaste, I prefer to use Colgate Total.



Start on your upper arch, at the back teeth on one side. Hold the brush so that it is angled between your gums and the braces. Brush each tooth, and count to 5 before moving to the next tooth. Continue all the way around the arch doing this.



Starting on the other side of your upper arch, angle your brush upwards so that the bristles go underneath the wire. Brush each tooth, and count to 5 before moving to the next one. Continue all the way around the arch.



Follow the same instructions for the lower arch, first brush below the bracket and then above.



Finally, brush the inside surface of your teeth, spending 5 seconds on each tooth in both the upper and lower arches.

Brushing should take a total of 3 minutes; if you have a radio near your bathroom, one whole song is usually three minutes.