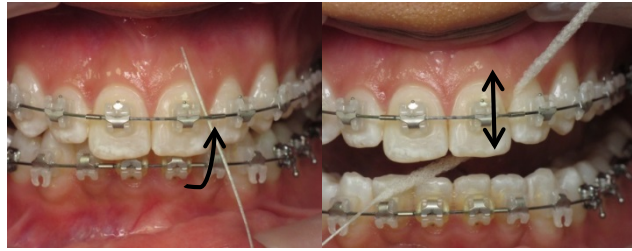


FLOSSING AND BRUSHING WITH BRACES



Insert floss behind arch wire. Gently clean sides of teeth and under gums with an up and down motion. Floss between all teeth once a day.



Start brushing your teeth on the upper right using your electric toothbrush. Brush above and below the braces moving the brush head slowly. Work your brush toward the front teeth and over to the left side. Then brush the inside and biting surfaces. Take your time.



Starting on the right side, brush the outside of the lower teeth. Brush above and below the brackets until the teeth. Move the brush slowly towards the front and left side. Then brush the inside and biting surfaces.

AFTER BRACES

Excellent brushing and flossing

- Healthy gums
- Beautiful teeth



Poor brushing and flossing

- Decay
- White spots on permanent teeth
- Sore, swollen gums

