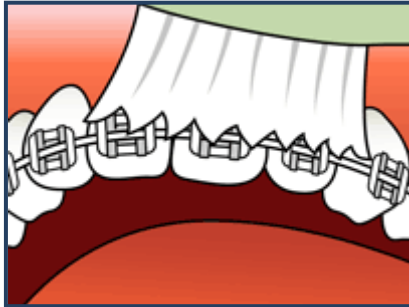


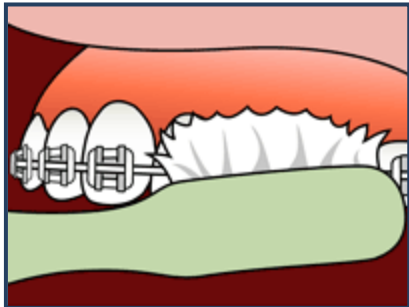
# Brushing and Flossing with Braces

## Brushing



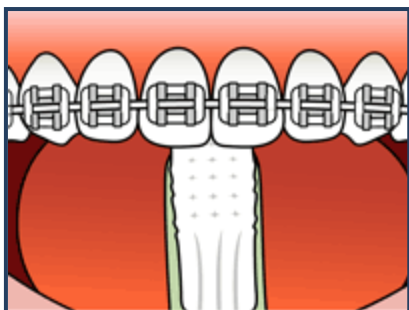
### **Step 1**

Using a dry brush with a small amount of toothpaste place bristles where gums and teeth meet.



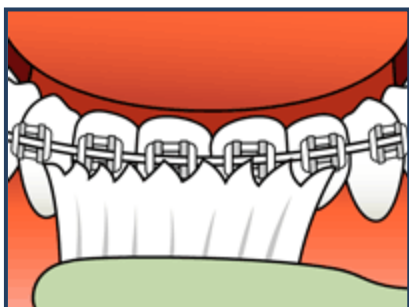
### **Step 2**

For 10 seconds on each tooth use circular, vibrating motions around the gum lines.



### **Step 3**

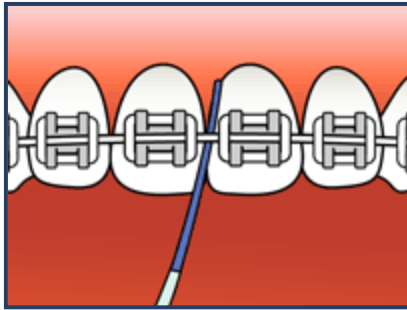
Every tooth of both arches should be brushed slowly.



### **Step 4**

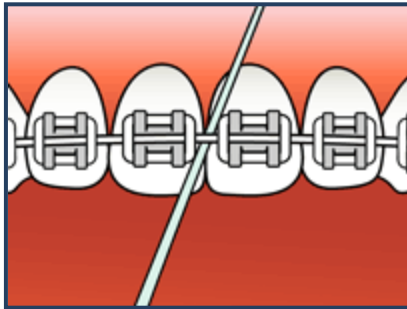
Brush the lower teeth from gum line up and the upper teeth from the gum line down. Brush the roof of your mouth and your tongue too!

## Flossing



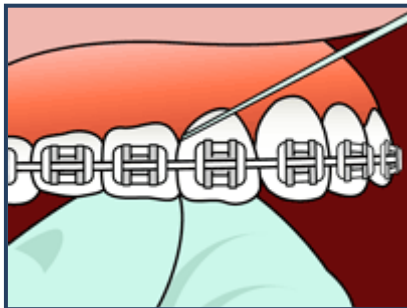
### **Step 1**

Carefully thread unwaxed floss between braces and wire. You may find a floss threader helpful.



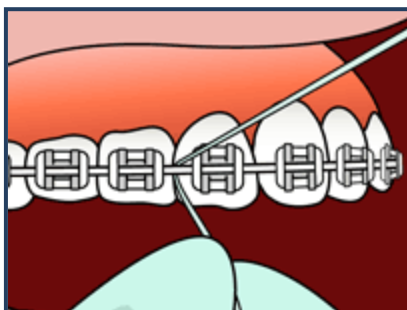
### **Step 2**

Carefully floss around the braces.



### **Step 3**

Carefully floss around the gum areas.



### **Step 4**

Carefully floss around each tooth.