

Brushing

It's more important than ever to brush when you have braces, so the teeth and gums are healthy after orthodontic treatment. Caring for your braces is pretty easy if you follow a few guidelines.

There are three surfaces of each tooth that need to be brushed:

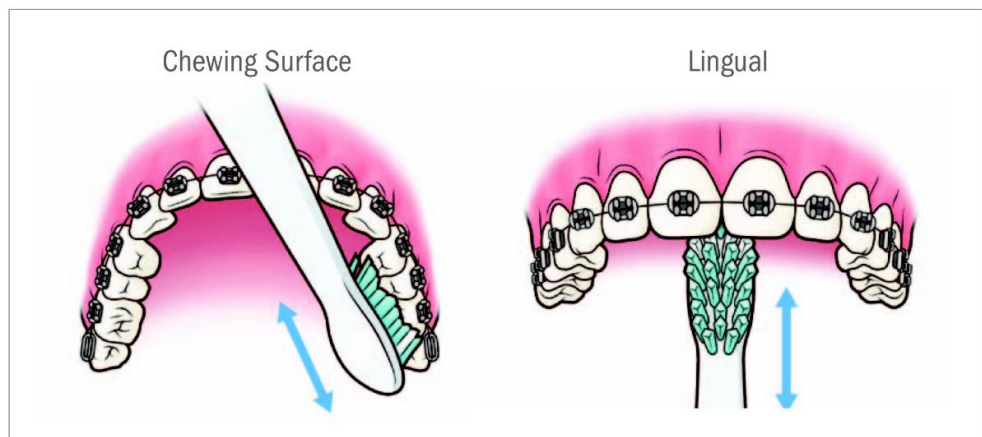
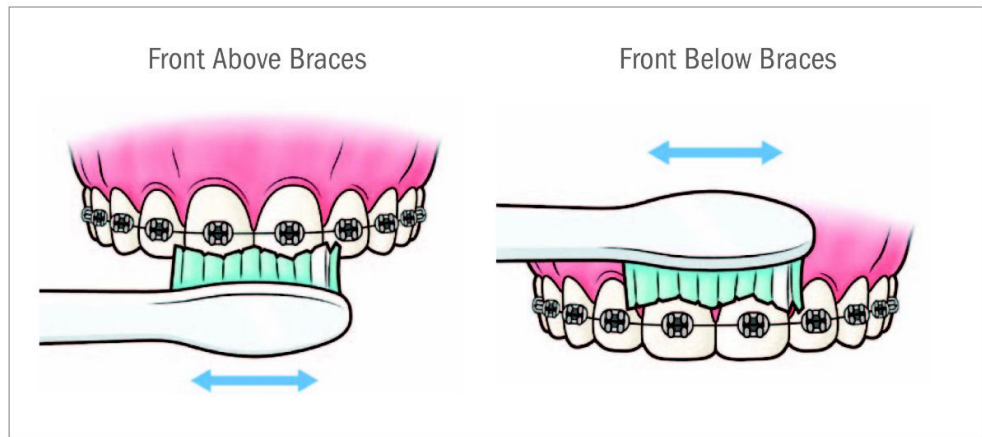
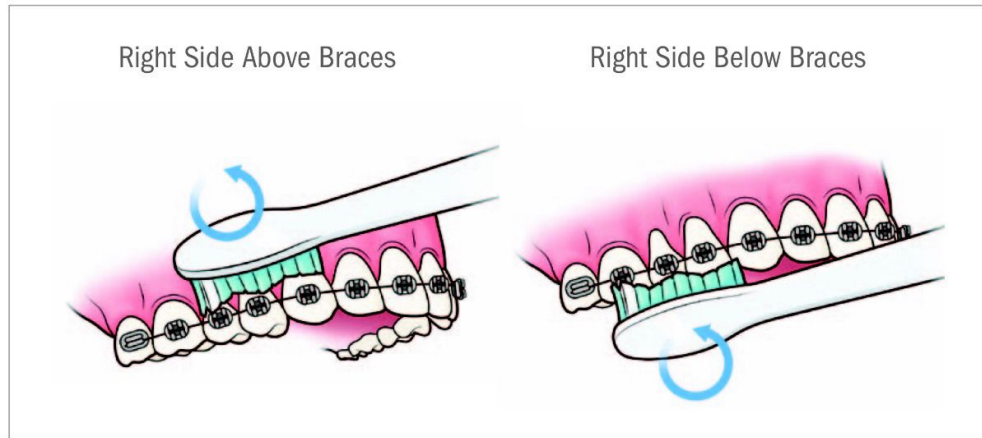
The Outside/ Cheek side:

When brushing the outside of your teeth you should try to make a 45 degree angle toward the gum line between the head of your toothbrush and the tooth itself.

The Inside/ Tongue side:

When brushing the inside surfaces of your teeth, try to maintain the 45 degree angle towards the gum line as you did with the outside surfaces. Again, try to brush three teeth at a time and make sure that they are clean before moving on.

The Chewing Side: Cleaning the chewing sides of the teeth should be straightforward. Remember to brush three teeth at a time prior to moving on top the next ones.



REPEAT on Bottom Teeth

