

Brushing Guide

How do I brush with braces?



The Orthodontists

We know you care about your teeth and want a beautiful, healthy, straight smile: *That's why you got braces!* Now you're faced with the challenge of keeping your teeth clean and healthy while sporting your new brackets! How do you do it? Learning how to brush your teeth with braces can take a little practice, but it's definitely worth doing right.

Unfortunately, wearing braces can make it harder to remove plaque and food particles, because braces provide so many places for them to hide! That doesn't mean that you should give up, however. If you wear braces, you simply need to take a little extra care to make sure that your teeth are staying super clean and healthy. Use the following tips for help!

Start by holding your toothbrush at a **45-degree** angle and gently brush **along the gum line in a circular motion.**

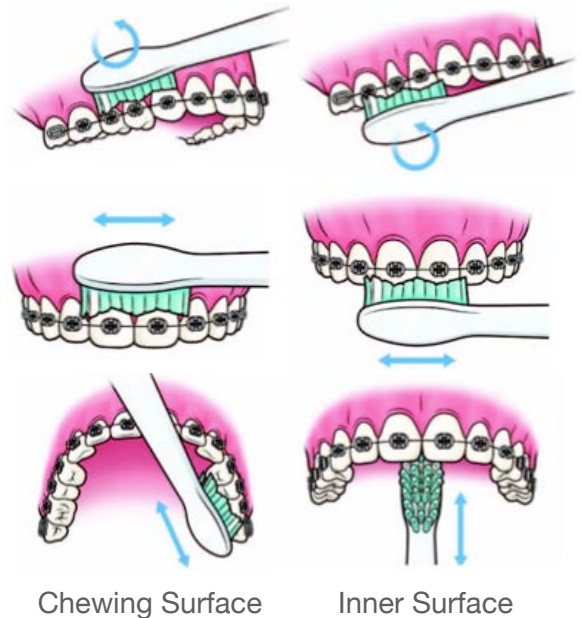
Next, shift the angle of the toothbrush so that you can **carefully brush the tops of your brackets.** Then, reposition the toothbrush so it's angled upwards and you are able to **brush under your brackets.** Be sure to clean each tooth.

Lastly, **brush the chewing and inner surfaces of your teeth.** Don't forget to repeat the process on your lower teeth! You should be brushing your teeth **2-3 times a day** with braces.

You should spend a **minimum of two minutes actively brushing your teeth,** but it may take you longer, especially when you are first getting the hang of brushing with braces. If you're having trouble reaching all the surfaces of your teeth due to the wires and brackets, try using a **proxabrush or a "Christmas tree" after your regular brushing routine.** It's great for getting into tight spaces that a regular tooth brush might not be able to reach!

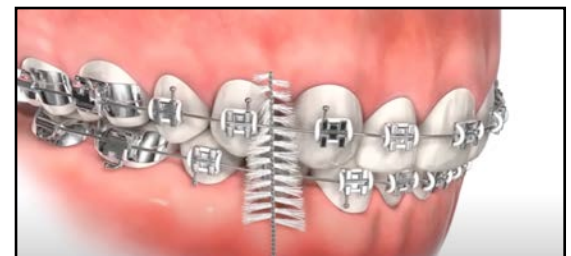
Why is it important that you stay on-top of your oral hygiene with braces? When we don't have good oral hygiene our teeth start to go on strike! They don't like to move when our gums are swollen and/or when we have a build up of plaque and food debris. In addition, poor oral hygiene practices can cause staining around our brackets that stick around even after we get our braces off, yikes!

If you ever need help or have questions everyone of our team members is here to help you, don't hesitate to ask us questions about anything!



Chewing Surface

Inner Surface



Christmas Tree / Proxabrush

