

Flossing Guide

How do I floss with braces?

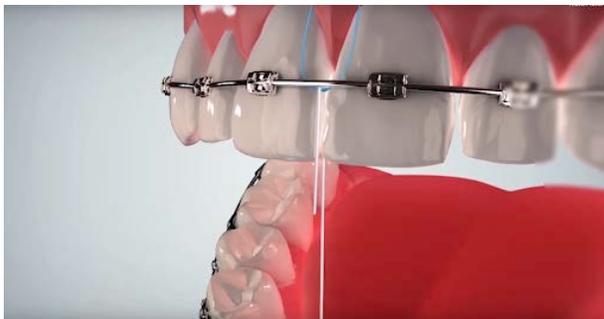
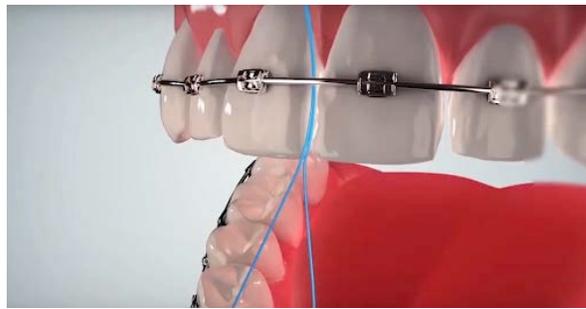
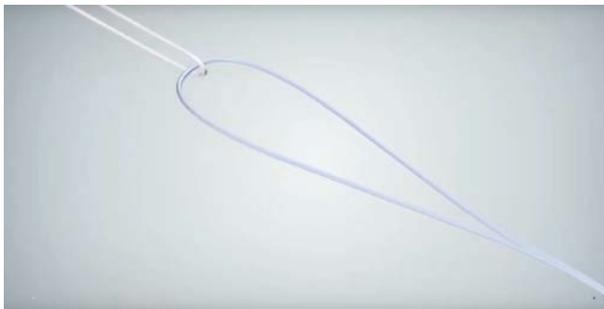


The Orthodontists

Just like brushing your teeth, flossing also becomes harder when you have braces. However it is still a very important step in your daily braces routine. **Flossing 1-2 times a day** removes plaque and other food debris that can cause cavities and gum disease. The best time to floss your teeth will be **before bed**, that's when we have the most build up from throughout the day.

When you have braces, the risk for plaque buildup, cavities, and gum disease increases dramatically. If you invested in braces to make your teeth straight then shouldn't you want them to remain clean and healthy in the process? That's why we want to show you the easiest, most effective ways to floss your teeth with braces.

The most common tool we use to assist with flossing are **floss threaders**. Anywhere you can find regular floss, floss threaders will be sitting right next door!



The best way to picture a floss threader is to first imagine a needle and thread. The floss threader will act as the needle, and your floss will be the thread. **Once you have your floss looped through the floss threader (Pct. 1) you'll use the floss threader to "thread" the floss between the wire.(Pct. 2&3) Then you'll floss just as you would normally (Pct. 4).** Repeat this process for each tooth.

As an alternative to floss threaders, you can also purchase "Super floss". Super floss is essentially a normal piece of floss with one rigid end. It'll be used exactly the same as the floss threaders, you'll just skip over pct. 1.

