

BRUSHING WITH BRACES

The Best Tips for a Bright Smile!

1. FIND A GOOD TOOTHBRUSH

The brush you use should be flexible so that you can reach every bit of your teeth and gums. You could even take your toothbrushing to the next level with an electric toothbrush!

2. START BRUSHING ON THE OUTSIDE OF YOUR TEETH

Work your way from one side to the other, using a circular motion to brush each tooth on the outside (i.e., the side you see). Carefully brush around the brackets and wires to ensure that no food particles get stuck.

3. BRUSH THE INSIDE OF YOUR TEETH

Repeat your circular brushing, this time on the inside of your teeth. While you won't have as many obstacles to brush around, it's just as important to do a thorough job on this side of your teeth.

4. WORK ON THE CROWNS OF YOUR TEETH

Don't forget to brush the chewing surface of each tooth! Brushing the crowns of your molars is especially important, as small pieces of food can end up on top of these teeth. Those particles can cause plaque and eventually cavities.

5. BRUSH YOUR TONGUE AND GUMS

Once you're finished brushing your teeth, gently brush your gums and the top of your tongue.

6. MOVE ON TO FLOSSING

Floss between each tooth to get rid of any remaining food particles that are stuck between your teeth. You can use a floss threader to get around the wires of your braces.



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