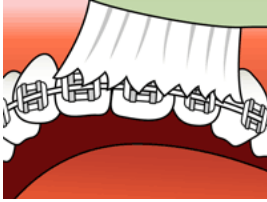


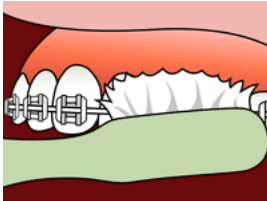
# Brushing with Braces

## *Brushing*



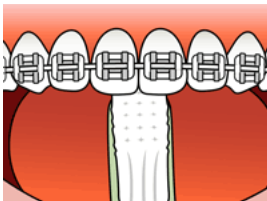
### **Step 1**

Using a dry toothbrush 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 inside and outside arches should be brushed slowly

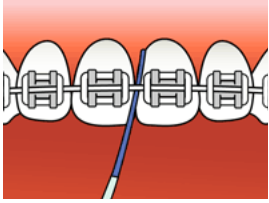


### **Step 4**

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!

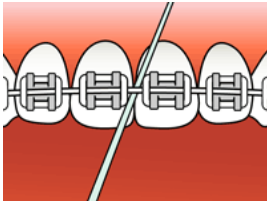
# Flossing with Braces

## *Flossing*



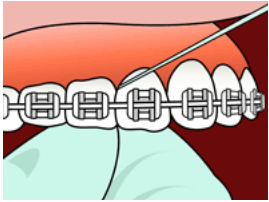
### **Step 1**

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



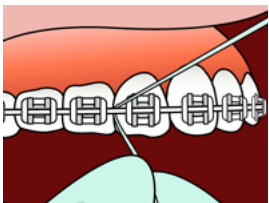
### **Step 2**

Carefully floss around the braces



### **Step 3**

Carefully floss around the gum areas



### **Step 4**

Carefully floss around each tooth