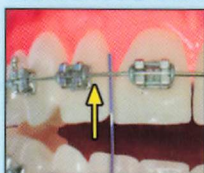
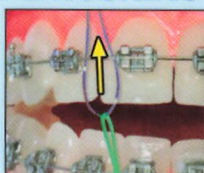


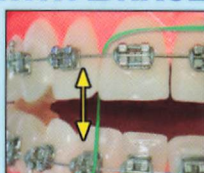
# FLOSSING AND BRUSHING WITH BRACES



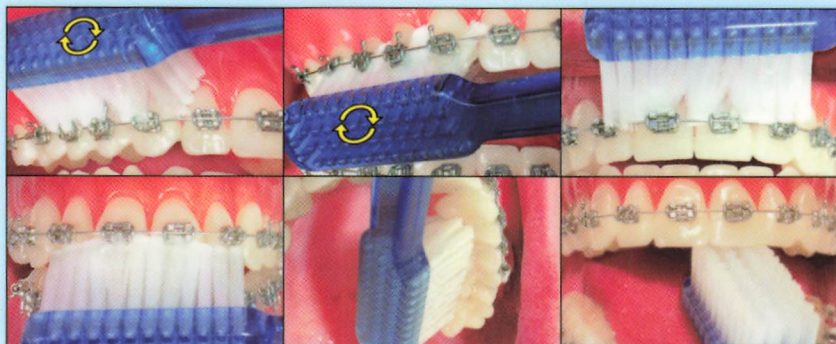
**Floss daily!**  
1. Pass floss threader under the archwire.



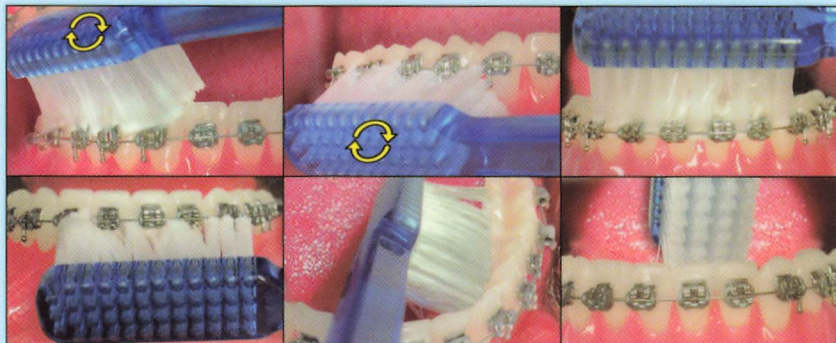
2. Pull up on the threader to get floss behind the archwire.



3. Gently clean sides of teeth and under gums with an up-and-down motion.



Use a soft toothbrush. Start brushing on the upper right. Brush above and below the braces using a small circular motion. Slowly work your brush toward the front teeth and over to the left side. Then brush the insides and biting surfaces. Take your time.



Starting on the right side, brush the outside of the lower teeth. Using a circular brushing motion, brush above and below the braces until the teeth and braces are sparkling clean. Work the brush slowly toward the front and left side. Then, brush the insides and tops of teeth.

## AFTER BRACES

Excellent Brushing and Flossing



Healthy Gums, Beautiful Teeth

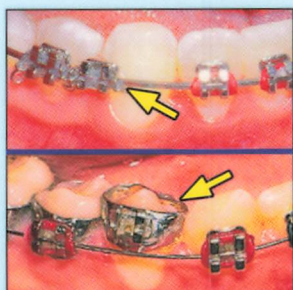
Poor Brushing and Flossing



White spots on permanent teeth  
Decay  
Sore, Swollen Gums

**PLEASE CONTINUE TO VISIT YOUR DENTIST REGULARLY WHILE YOU HAVE BRACES.**

# PROBLEMS AND SOLUTIONS



## Loose Bracket or Band

Call for an appointment. In the meantime, if the bracket or band is still attached to the archwire, leave it in place. If uncomfortable, cover with wax. **Do not connect elastics to a loose band.** If it comes out completely, bring it with you to your appointment.



## Lost Tie Wire Or Elastic Tie

Please call to ask if an appointment is necessary. Notify the assistant at your next appointment.

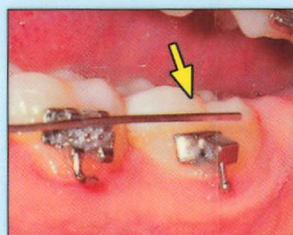


## Poking Archwire

Cover with wax or wet cotton. Call for appointment.

## SORENESS from braces

Rinse your mouth with warm salt water. If necessary, take the pain reliever that you would use for a headache or similar discomfort.



## Wire Out Of The Tube

Try to place wire back into tube with tweezers. Place wax if uncomfortable, call for an appointment.



## Rotated Archwire

Try to slide wire back around to the other side. If unsuccessful, place wax and call for an appointment.



## Sharp Or Irritating Area

Cover the irritating area with wax and call for an appointment.

## Accidents Involving Teeth

Call your dentist or orthodontist immediately!

Extensive repairs may require an appointment during morning hours. Please be careful with your braces.