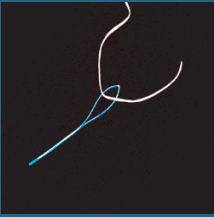
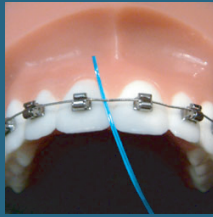




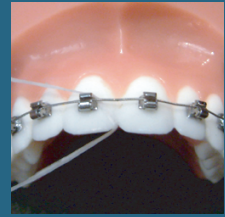
Brushing and Flossing with Braces



Feed floss into floss threader



Insert floss threader behind arch wire



Gently floss under gums, and pull out. Repeat between all teeth

Use these techniques for both your upper and lower teeth to keep your teeth and your braces in great shape!



Start by aiming the brush between the brackets and gums



Proceed around the mouth, brushing **each tooth** for 1-2 seconds



Next, aim brush on top of the brackets



Continue around, brushing **each tooth** for 1-2 seconds



Switch to brushing the biting surfaces, 1-2 seconds per tooth



Don't forget the inside surface of the teeth! Aim the brush down towards the gums



Proceed around to the front teeth, and then to the other side of the mouth

*Do not scrub or press hard - let your brush do all the work!
Your electric toothbrush moves 7600 times per minute!*