Brushing and Flossing with Braces

**Brushing**

**Step 1**
Using a dry brush 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 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

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.