

HOW TO...

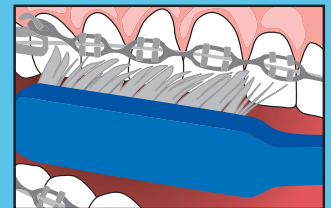
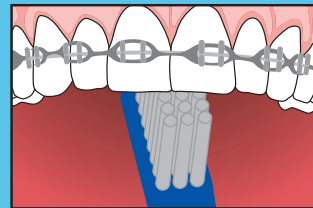
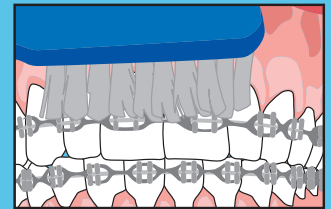
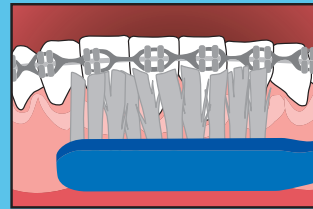
BRUSH & FLOSS

WITH BRACES

BRUSHING:

After every meal using only a soft bristle toothbrush. If you cannot brush right away, rinse well with water.

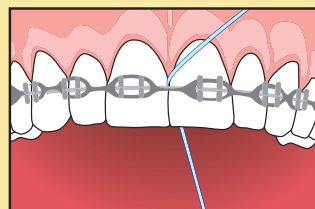
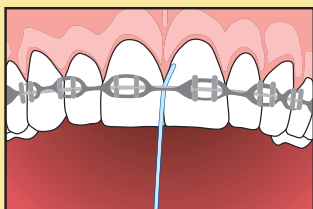
1. Use a dry brush with a small amount of toothpaste. Place the bristles where gums and teeth meet.
2. Use a circular, vibrating motion around the gum lines, 10 seconds on each tooth.
3. Brush slowly, each arch separately, every tooth.
4. Brush the lower teeth up and the upper teeth down. Brush your tongue and the roof of your mouth too!



FLOSSING:

Nightly after brushing using a floss threader between gums and braces.

5. Carefully pull floss between wire and braces. A floss threader may be helpful.
6. Floss carefully around the braces.
7. Floss carefully around the gum area.
8. Floss carefully around each tooth.



CONCENTRATE ON THE DANGER ZONE!

...The space between the bands or brackets and the gums.



THE BRACE PLACE
ORTHODONTICS
Josh Goldknopf, DDS, PA

1915 N. 3rd Street • Jacksonville Beach, FL 32250 * P: 904-249-0037 • F: 904-247-0140

www.thebraceplace.net