

### Brushing Instructions

**Brushing Your Teeth:** Starting with the left or right side. Work along the gum line. Angle toothbrush along the gum line and go in a tiny circular motion. Massage gums by stroking from gum to tooth (5 times for each tooth). Stroke down for upper teeth and up for lower teeth. Brush occlusal surfaces (flat side / biting surface) of teeth. Brush lingual surfaces (inside surfaces) of teeth.

### Flossing & Brushing



**Brushing Your Braces:** Angle your toothbrush down and brush the top part of the braces and then up to brush the bottom part of the braces. Then brush over the braces. Do the same for both top and bottom braces.



**Floss Threaders:** Floss threaders are used to thread the floss under the wire so that you can floss. Set up all six threaders with floss and then tie the floss at the end of the threader so that it doesn't come off. Do not tie the floss right up against the threader. Leave some space so that it is easy to cut off. At the end of the week, cut off the floss from the threader and set up for the following week. Place the threader under the wire and start flossing.

**Wax:** Wax is used to provide temporary relief from a pokey wire, irritation to the lip or cheek by brackets or bands or irritation due to a canker sore. Take a small piece of wax and place it over the bracket or wire that is irritating you. If you have any questions please call the office at your earliest convenience to set up a short emergency appointment.



**Proxy Brush:** A proxy brush is used to brush the surface of the teeth that is missed with a regular toothbrush. It brushes under the wire and the sides of the brackets. Do not force the proxy brush under the wire if it does not fit because this could cause the bracket to brake.

