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Tooth brushing Instructions

Brushing really well is one of the most important aspects of having braces. If you do not brush well enough you could end up with white spots (decalcification) on your teeth, which can also be classified as permanent stains. The good news is that they can be easily avoided with good brushing, let me tell you how.

One of the tricks to brushing well with braces is actually getting the toothbrush bristles underneath the wire and touching the teeth, see illustration below. Once you get the bristles underneath the wire then move the toothbrush around in a circular motion. You have to do this on each tooth or between each tooth. Make sure to brush the rest of your teeth after you are done brushing under your braces. After brushing the rest of your teeth, go over the front of your teeth one more time making really big circle motions over all of your teeth, including your gums.

Don't forget to floss everyday. We recommend a special floss called Sturdy Floss, www.sturdyfloss.com, that has a built in rigid end that makes it easy to get under your wire. It is not available in stores but can be ordered online. There are similar flosses available in stores that will also work well, the important thing to remember is to floss everyday.

Check out the following link for a useful video
<http://www.youtube.com/watch?v=GtSi2IcfynE>

