



TOOTHBRUSHING & ORAL HYGIENE



How Often So Do I Need To Brush?

Teeth should be brushed at least three times a day, in the morning and before bed. You will want to also brush after every meal. Food sticks in those braces!

Do I Need A Special Toothbrush?



We recommend a soft bristle brush. Some patients do purchase an electric toothbrush and have been pleased with the results.

What Is The Best Way To Brush?



Proper brushing should take you about 5 minutes, so please take your time and do a good job. Always start in the same place and work your way around. The goal is to not miss any areas, so try to develop a pattern and follow it. Strong brushing pressure is needed to properly clean the teeth with braces on, but not so hard that you dislodge any brackets. Place the bristles on the tooth between the braces and the gum tissue. Gently massage the area to avoid puffy tissue and cavities. After cleaning your teeth, force the bristles between the brace and the wire to clean between the wire and the teeth. Don't forget to brush the chewing surfaces and the tongue side of the teeth as well! We will grade your brushing when you come in and you should do the same at home. If you need to do better, we will tell you - we are NOT fussing at you. We do not want you to have permanent scars on your teeth or any decay to spoil that beautiful, new smile. ☺

Practice Makes Perfect

Do I Need To Floss With Braces?

Oh Yes!! Flossing allows you to remove plaque that builds up between your teeth. This may take time to master but it is a very important step.

Are My Regular Check Ups At My Dentist Still Necessary?

Absolutely! We recommend that you have your teeth cleaned, a fluoride treatment and a check up every 4 to 6 months, with x-rays, if appropriate.



What Can I Do To Fight Against Cavities?

We recommend the use of OrthoRinse or Phos-Flur, fluoride rinses to use before you go to bed. Remember not to eat or drink anything after rinsing for at least 30 minutes to maximize the cavity prevention effect of the rinse.

Brush Well !!

Dr Pavlo and his team