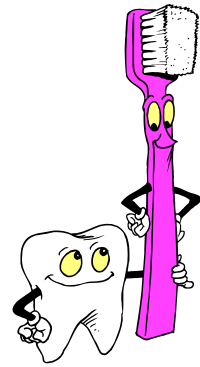


# How to Brush With Braces



To brush your teeth properly you must.....brush under, above, behind and around all surfaces of every tooth and bracket. Remember to brush the inside and the outside of both top and bottom teeth at the gumline.

Brush 2 times a day, morning and night, for 2 minutes each time.



Don't forget to brush your tongue!



1. Use a soft bristle toothbrush with a small amount of toothpaste. Place bristles where gums and teeth meet.



2. Use circular, vibrating motions around the gum line, 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!