



## **KOZAK ORTHODONTICS**

### **TOOTHBRUSHING WITH BRACES**

Whether you have bands around your teeth or brackets attached just to the front surface, brushing can be more difficult when you have braces. The brackets, tubes, and wires tend to make it harder for your toothbrush to clean the spaces between your gums and the attachments. These tips may help you keep your teeth cleaner and your breath fresher.

- 1. First, GENTLY brush back and forth between the wires and gums to loosen food particles. Start on the upper, and then do the lower, keeping your teeth apart while you brush.**
- 2. Next, brush correctly as if you had no bands on.**
  - Start on the outside of the uppers with the bristles at a 45 degree angle toward the gum. Brush with a circular motion 2 teeth at a time, at least 10 strokes in each area. Be sure the tips of the bristles reach under the wires to the gums. Work from the right to left on the upper, and then do the same on the lower teeth.**
  - Next, use the same pattern and brush the inner surfaces of the upper, and then the lower teeth.**
  - Brush the chewing surfaces last.**
- 3. Rinse your mouth and toothbrush. LOOK IN A MIRROR to see if you have missed any place. Check the little half-moon spaces of tooth between the bands and gums. If you see any areas you have missed, clean them NOW.**
- 4. When you have finished, the bands and wires should be free of all food particles and the soft, white coatings, called plaque. The bands should look clean and shiny.**

We are looking forward to working with you during the time of your treatment. Let's work together to keep your appliance in good condition.

**I have read the information and understand my obligations.**

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Patient Signature

\_\_\_\_\_  
Date

