

# Oral Hygiene

## How to clean braces:

Braces trap food very easily which promotes plaque formation. Plaque can lead to gum disease, enamel damage and decay. With the daily use of effective oral hygiene techniques, plaque build-up can be prevented.

The foundation of good oral hygiene is effective brushing. Use a fluoridated tooth paste and a soft bristled brush. Brushing should be done after every meal ideally and should be done slowly and carefully. It is important to not only brush the braces but also brush both the inside and chewing surfaces of the teeth. All the above can also be done with an electric toothbrush. There are good tips on <http://www.oralb.com/embraceit/braces-tips-and-tricks>

## The three steps to effective brushing:



1.

Hold the brush straight against the braces, gently brush in small circles 5 times

Do this moving around mouth systematically

Ensure no food is left on the braces



2.

Hold the brush at an angle towards the chewing surface

Gently brush in small circles 5 times and move around the mouth cleaning all the braces in turn



3.

This is the most important step brushing where the teeth and gums meet

Hold the brush at an angle towards the gums, gently brush in small circles 5 times and move around the mouth cleaning all the braces in turn

Make sure that the gum line is clean of food



Tufted brushes are great to get under the wire; where your normal brush can't reach

This is an essential cleaning aid



**FluoriGard Alcohol Free Mouth Rinse:**  
Daily protection against caries

Rinse with half a cap full for one minute

Twice a day (AM/PM) - Always spit out



You can floss braces with Superfloss

One end is a floss threader and the other end can be used for flossing.

Try and floss once a day