

Oral Hygiene With Braces

It is important that you maintain good oral hygiene while wearing braces. While it may be a little more difficult to brush and floss thoroughly while wearing braces, it is essential that you make sure to keep your teeth clean during treatment. This helps prevent tooth decay, gum disease and other problems that can impact your oral and overall health and even prolong your orthodontic treatment.

Brushing Instructions

Step 1: Place your toothbrush at a 45-degree angle to your gums.

Step 2: Brush gently in a circular motion.

Step 3: Brush the inner, outer and chewing surfaces of each of your teeth.

Step 4: Use the tip of your brush for the inner surfaces of the front teeth.

Flossing Instructions

Step 1: Using a floss threader can be helpful for flossing with braces. Thread the end of the 18-inch floss between the braces and wire.

Step 2: Floss around the braces.

Step 3: Floss around the gum areas, remembering to be gentle around the gums.

Step 4: Continue flossing around each tooth.

For more information about maintaining good oral hygiene with braces and to schedule an appointment with Dr. Sherif Elhady and our caring orthodontists in Burke, Fairfax, Gainesville and Herndon, Virginia, call Trü Orthodontics today.