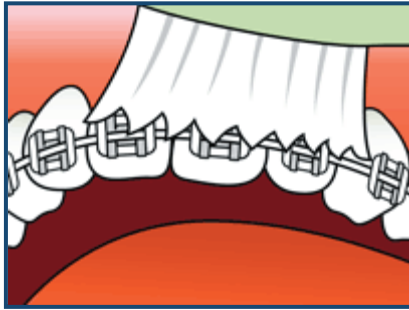


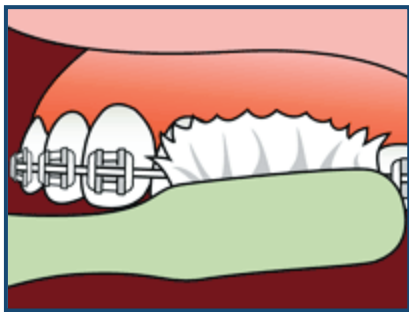
Brushing and Flossing with Braces

Brushing



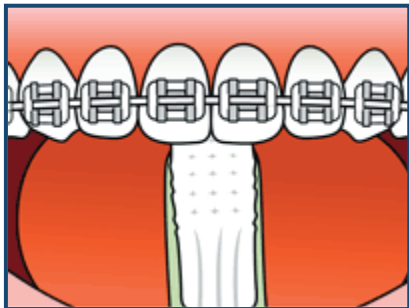
Step 1

Using a dry brush with a small amount of toothpaste place bristles where gums and teeth meet.



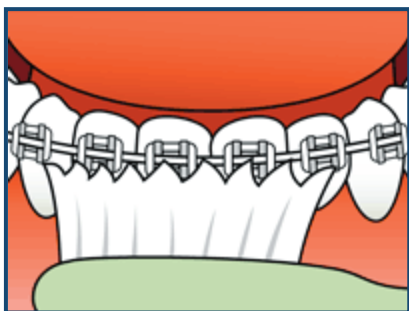
Step 2

For 10 seconds on each tooth use circular, vibrating motions around the gum lines.



Step 3

Every tooth of both arches should be brushed slowly.



Step 4

Brush the lower teeth from gum line up and the upper teeth from the gum line down. Brush the roof of your mouth and your tongue too!