

TOOTHBRUSHING WITH BRACES

The success of your braces treatment relies largely upon the standard of Oral Hygiene that you are able to maintain throughout your program. At every adjustment visit we record an Oral Hygiene Score out of 5 which gives you an indication as to how you are coping in this area. Patients who score perfect 5's during their visits enter our bonus prize draws.

Excellent Brushing
Leads to a fabulous result



Poor Brushing
Leads to puffy gums and stained teeth



TOOTHBRUSHING TECHNIQUE

To do a thorough job you must spend a minimum of **eight to ten** minutes **twice** per day to keep your teeth clean. This time is split equally between two brushes, a normal soft bristled brush and an "end tufted" brush

1. Start with the larger of the two brushes and use a circular motion. Always brush quadrant by quadrant this ensures you do not miss any. Begin along the outside surface of all teeth, angle the bristles down from the gum-line in between the braces. Repeat this same action, however this time angling the bristles up through the braces from the incisal edges of the teeth.



3. Using the small end tufted brush each tooth must be individually brushed using a circular motion around the bond. Angle the bristles from both the top of the bond and the incisal edge of the tooth through the wires so that the tooth is thoroughly cleaned.



Pay particular attention to cleaning along gum lines with this brush, otherwise they will become inflamed and grow between the braces. Also, special effort must be made to utilise this brush around the bands in the rear of the mouth.



2. Next brush all the chewing and grinding surfaces of your teeth. Follow this by brushing behind your upper and lower incisors, paying particular attention to the gum-line around the roof of your mouth so this area does not become inflamed and sore.



Again using a circular action brush the inside surfaces of your back teeth angling the bristles down toward the gum lines.



HANDY HINTS:

- Either a manual or electric toothbrush are acceptable for brushing, however always follow these with the end tufted brush to complete the task.
- It may not be possible to brush at school or work, we do suggest that instead you rinse following lunch or a snack to remove food particles.
- School aged patients may find it a convenient time to brush when arriving home from school.
- Tooth brushing is invariably rushed in the bathroom. Successful brushing may be achieved by spending additional time with the end tufted brush during quiet times such as reading a book, studying or watching T.V.
- Use our scoring system out of 5 as a guideline as to how your brushing is progressing. Direct brushing queries to our Hygienists, who will be happy to assist you with ideas on how to improve your technique.