

HOW TO BRUSH TEETH WITH BRACES



Brushing Instructions

To get started, remove elastics, bands or removable parts or orthodontic appliances.

1. Place your toothbrush at a 45-degree angle against your gumline. Take the brush and sweep or roll away from the gumline.
2. Brush teeth and gums gently in a circular motion.
3. Brush the outer, inner, and chewing surfaces of each tooth and along the gumline.
4. Use the tip of your brush to brush the inner surface of your teeth and gumline using short back-and-forth strokes.
5. Lastly, brush your tongue to remove bacteria and freshen breath.

Step 1 :



Step 2 :



Step 3 :



Step 4 :



Step 5 :

