



# Cornerstone Dental Group

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& Associates

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## Brushing:

### With?

Your toothbrush;  
soft bristles only.

### When?

After every meal.  
If you cannot  
brush right away,  
rinse well with  
water.

## Brushing and Flossing Your Braces

1. Use a dry brush with a small amount of toothpaste. Place bristles where gums and teeth meet.



2. Use circular, vibrating motions around the gum lines. 10 seconds on each tooth.



3. Brush slowly, each arch separately, every tooth.

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

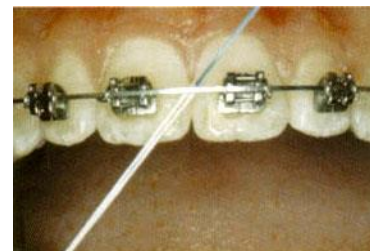
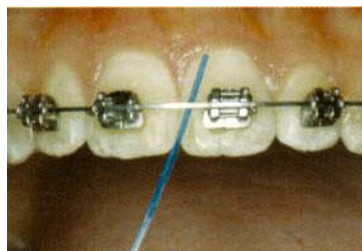
## CONCENTRATE ON THE DANGER ZONE!

...the space between the bands or brackets and the gums!



5. Carefully pull unwaxed floss between wire and braces. A floss threader may be helpful.

6. Floss carefully around the braces.



7. Floss carefully around the gum area.

8. Floss carefully around each tooth.



## Flossing:

### When?

Nightly after  
brushing.

### How?

Use floss threader  
between gums and  
braces.

### Why?

Removes plaque  
toothbrush misses.

Thank you, and if there are any questions or concerns, please don't hesitate to contact the office.