



Cornerstone Dental Group

Rex Hawthorne, B.Sc. D.M.D.

& Associates

- 101-4005 27th Street, Vernon BC V1T 4X9
- Telephone 250.545.5604 • Email thedentalteam@shawcable.com
- www.cornerstonedental.ca

Brushing:

With?

Your toothbrush;
soft bristles only.

When?

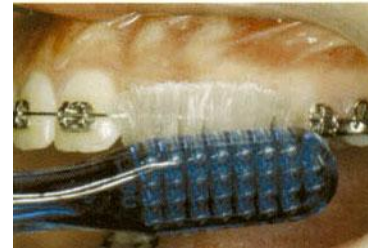
After every meal.
If you cannot
brush right away,
rinse well with
water.

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!

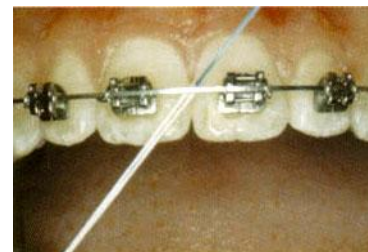
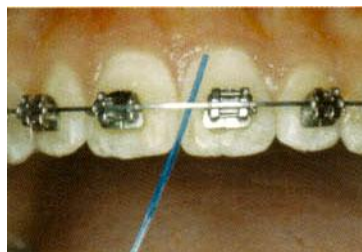
CONCENTRATE ON THE DANGER ZONE!

...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.