

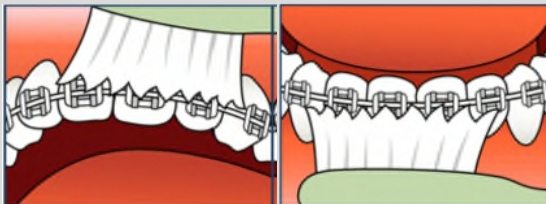
# Brushing & Flossing with BRACES

- Proper brushing and flossing is essential with braces to keep your teeth HEALTHY and CLEAN!
- Brush after every meal and floss daily.

## BRUSHING

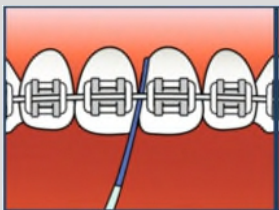


**STEP 1:** Brush the inside and outside of every tooth.

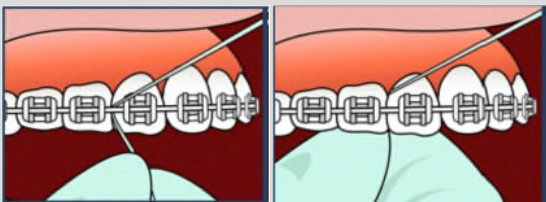


**STEP 2:** Brush above the top braces and below the bottom braces to make sure that the gums are clean.

## FLOSSING



**STEP 1:** Carefully thread the floss under the wire between the braces.



**STEP 2:** Pull the floss through and carefully clean around teeth and up around the gum areas.



Results after **GOOD** oral hygiene



Permanent white spots and cavities from POOR brushing and flossing during braces



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