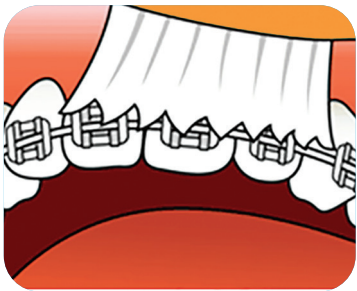


# How to Brush & Floss Your Teeth With Braces

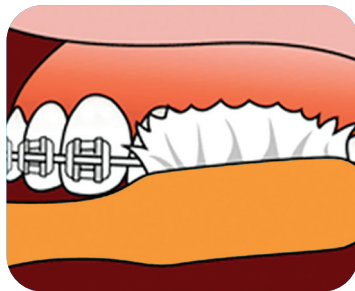


## Brushing Instructions



### Step 1

Place your toothbrush at a 45-degree angle to your gum.



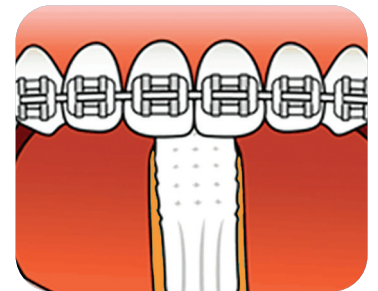
### Step 2

Brush gently in a circle in a circular motion.



### Step 3

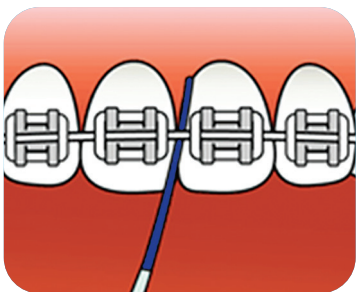
Brush the outer, inner, and chewing surfaces of each tooth.



### Step 4

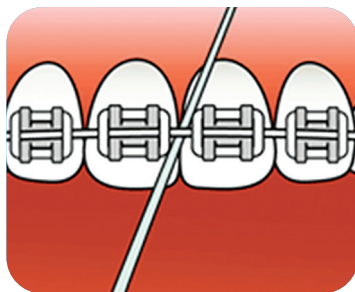
Use the tip of your brush for the inner surface of your front teeth.

## Flossing Instructions



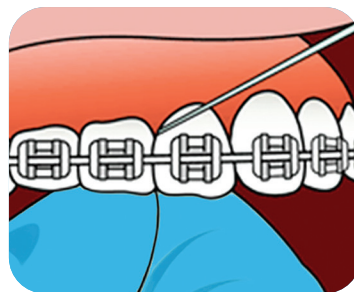
### Step 1

Using a piece of floss about 18 inches long, carefully thread the end between braces and wire. You may find a floss threader helpful.



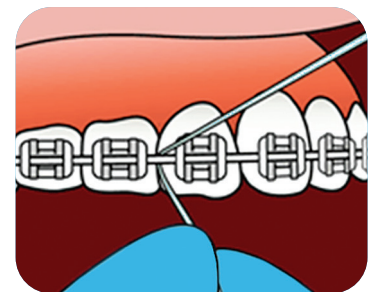
### Step 2

Carefully floss around the braces.



### Step 3

Carefully floss around the gum areas.



### Step 4

Carefully floss around each tooth.