

Mouthwashes

Mouthwashes are good at helping to maintain a clean mouth.



They are best used one or two times each day after brushing. To get the best effect from using a mouthwash, try not to rinse with water after using it. If you find the taste of the rinse is too strong, it may help to mix the mouthwash with water, half and half.



Canadian Association of Orthodontists
2800 14th Avenue, Suite 210
Markham, Ontario L3R 0E4
Telephone: 416-491-3186
Toll Free: 1-877-CAO-8800
Fax: 416-491-1670
Email: cao@associationconcepts.ca
www.yoursmileourspecialty.ca



Canadian Association of Orthodontists
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Oral Hygiene



How to Clean Braces

Braces trap food very easily which promotes plaque formation. Plaque can lead to gum disease and enamel damage. With the daily use of effective oral hygiene techniques, plaque build-up can be prevented.

The foundation of good oral hygiene is effective brushing. This is done with a fluoridated tooth paste and a soft bristled brush. Brushing should be done after every meal and snack and should be done slowly and carefully. It is important to not only brush the braces but also brush both the inside and chewing surfaces of the teeth.

Three Steps to Effective Brushing



Step 1

Holding the brush straight against the braces, scrub in small circles 10 times.



Step 2

Holding the brush at an angle towards the chewing surface, scrub in small circles 10 times.



Step 3

This is the most important Step: Holding the brush to the gums as shown in the photo, scrub in small circles 10 times. Make sure that the gumline is also being cleaned.

All the above can also be done with an electric toothbrush.

Flossing with Braces



Flossing with braces should be done once a day. A floss threader is very helpful in getting the floss under the archwire.



Another way to floss with braces is to use superfloss. One end is a floss threader and the other end can be used for flossing.



This is the most important Step: The floss should be moved up and down along the sides of the teeth and under the gumline to remove the plaque.

Other Cleaning Techniques

Other hygiene aids that can be used to help keep your braces clean include:



Proxy Brush



Sulca Brush



End Tuft Brush