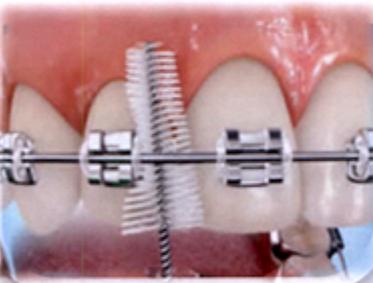
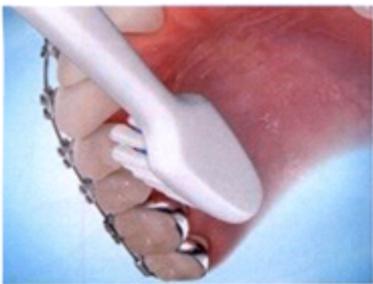
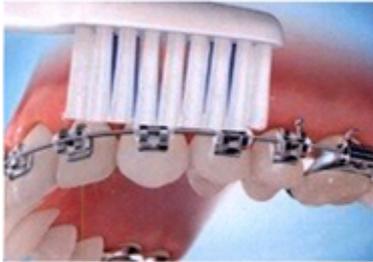


Brushing & Flossing



- Place the tooth brush at a 45 degree angle to the bottom of the brackets & brush in a circular motion
- Place the tooth brush at a 45 degree angle to the top of the brackets & brush in a circular motion
- Place the tooth brush on top of the archwire and brush in a gentle circular motion
- Brush the top of the teeth and tongue side of teeth as normal
- Use the proxy brush in between each bracket
- Repeat for both arches
- Be sure to brush at least 3x's per day



- Using the stiff end of the floss threader, guide the floss underneath the archwire and pull floss through
- Thoroughly floss in between each tooth
- Be sure to floss daily

