



DR STRAIGHT TEETH

STRAIGHT TALK  
BRILLIANT SMILES

## BRUSHING YOUR TEETH

- **Brushing carefully is vital while your braces on.** It takes a little extra time because food and plaque are easily caught around your braces
- **Every time you eat you need to brush if possible,** to prevent the chance of decay and permanent white marks left on your teeth after your braces come off
- If you can **brush well morning and night** without rushing, but also give them a quick brush **every time you eat**, that is ideal
- If you forget to brush your teeth or can't, don't worry, but just **brush them as soon as you are able** and have access to your toothbrush
- Brush **under, above, behind**, around all surfaces of every tooth and bracket
- Remember to brush the **inside and the outside of both the top and bottom gums**
- **Rinse your mouth** very thoroughly after you have finished brushing

## FLOSSING

- **Floss once daily** with a floss threader
- is recommended that you floss your teeth **at least once a day**
- Use the Sturdy Floss to **floss up between your brackets** and under the wire
- Move the floss up and down **along the edge of each tooth**
- Remember **practice makes perfect** - Stick with it - you can only get better
- Flossing means **healthier teeth** and gums and **fresh breath**

## TOOTH MOUSSE

- **Use every night** just before going to bed
- Apply the tooth mousse **after you have brushed and flossed** your teeth
- Squeeze a **pea sized amount** on to your finger and rub the mousse over all of the surfaces of your teeth
- **Do not rinse** afterwards

## FLUORINSE

- Use **once a week** - after brushing and flossing and before using the tooth mousse
- Swish half a capful vigorously around your mouth for one full minute and then spit it out. **Do not swallow**

## REGULAR DENTAL CHECKS

Ensure you **maintain regular check-ups** with your Dentist while your braces are on, to make sure you have no cavities and that your gums are remaining healthy.

Our staff will show you the correct way to brush and floss with braces on. Please ask them if you are not clear about how to do it.

[www.drstraightteeth.com.au](http://www.drstraightteeth.com.au)

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