

Brushing and Flossing with Braces

Proper brushing and flossing is an important habit to the average person, so consider it an absolute **MUST** for anyone with braces! Your braces and appliances are a trap for food particles, and if they are not properly cleaned out, these bits of food can leave permanent white or brown stains on the teeth after your braces are removed. Ask Dr. Mortenson for help picking out the perfect toothpaste and toothbrush for your specific orthodontic appliance.

Proper brushing and flossing methods are a little different when you have braces. Read the descriptions below for step-by-step instructions on how to floss and brush with braces.

Brushing with Braces

Start by brushing your teeth exactly as you normally would, rotating the brush in a circular motion. Then, to make sure you clear all the food particles that may be trapped in your braces/brackets, tilt your brush at a 45-degree angle above the bracket and brush downwards onto your teeth, right at the spot where the top half of the bracket meets the tooth. Repeat this for the bottom half of your teeth, angling upwards where the bottom half of the bracket meets your tooth. Then, brush once again as normal, making sure to brush reach outer, inner, and chewing surfaces, and rinse thoroughly.

Flossing with Braces

Take a piece of dental floss that is approximately 18 inches long. First, slide the floss through the wire in between two brackets (“Superfloss” will help with this), then pull it in between the teeth. Gently move the floss back in forth in a sawing motion, curving it toward each side of the tooth and gently sliding it beneath the gum. Free the floss from between your teeth, then pull the full piece out of the bracket. Repeat this process for each tooth.