

Home Care

Importance of Brushing with Braces

Tooth Brushing:

It's very important to brush your teeth at least twice a day for at least 2 minutes. An electric brush with a timer can help get the best results. Brush every tooth on the tops, inside and outside surfaces. Angle the brush head to massage the gums and to clean under the wires.

Toothpaste:

An ADA recommended toothpaste with fluoride is best to help prevent cavities.

Flossing:

It's important to floss at night after brushing. Braces can easily trap food in between teeth even after brushing. Using a plastic "floss threader" can help get the floss under the wires and in between the brackets

Waterpik:

Water flossers come in many different models. They are perfect for use with braces to rinse loose food particles in between the teeth and gums. The tips help spray water in the hard to reach areas of your mouth to reduce plaque and gingivitis.

Mouthwash:

Use a mouthwash twice a day as a final rinse for your home care routine. Choose a rinse, such as ACT, that has fluoride and will help reduce cavities and help remineralize enamel.

We want your smile to be beautiful after braces!

Excellent home care is important to avoid stains and white demineralization spots on the enamel.

