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### **ORAL HYGIENE INSTRUCTIONS FOR ORTHODONTIC PATIENTS**

1. Brush 3-5 times a day for 2-3 minutes in a circular motion and carefully remove all food particles and plaque.
  2. BRUSHING ONCE OR TWICE A DAY IS INSUFFICIENT!
  3. Looking in the mirror as you brush your teeth.
  4. Pay close attention to the gum areas.
  5. Electric toothbrushes may be used instead of regular toothbrushes.
  6. Brush all surfaces of your teeth including areas under the wires and around the braces and bands.
  7. Use a good fluoride toothpaste.
  8. Floss daily using your floss threaders.
  9. Failure to brush and floss properly may lead to stained or decayed teeth and gum problems.
  10. Never leave food or plaque on your teeth or braces.
  11. Continue to visit your dentist every 6 months for routine exams and cleanings.
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