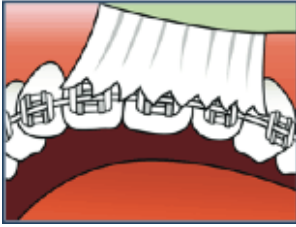


# Brushing and Flossing with Braces

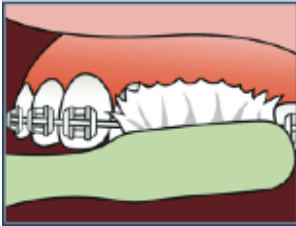
## Brushing

### Step 1



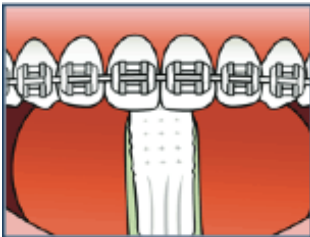
Using a dry brush with a small amount of toothpaste place bristles where gums and teeth meet.

### Step 2



For 10 seconds on each tooth use circular, vibrating motions around the gum lines.

### Step 3



Every tooth of both arches should be brushed slowly.

### Step 4



Brush the lower teeth from gum line up and the upper teeth from the gum line down. Brush the roof of you mouth and your tongue too!