

# Toothbrushing with Braces

Checklist for perfectly clean teeth when you have braces



**Brushing with braces takes EXTRA work! ☹️**

**Brush 3 times per day for 2 Minutes Each time**

- ☐ Morning
- ☐ Afternoon - after school, after work, or after snacking
- ☐ Before Bed

**Flossing is Critical**

- ☐ Floss once per day
- ☐ Use Flossing Aids - Floss Threaders or Superfloss

**Other Tools**

- ☐ Waterpik - a great way to remove plaque around braces and feel extra clean
- ☐ Proxy Brush - the 'tree brush' loosens plaque in hard to reach spaces between braces

**Follow up every 6 months with your General Dentist and Hygienist**

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