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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