

Brushing Routine

Now that you are in active orthodontic treatment you are at a higher risk for white spot lesions, tooth decay, and gum disease. We have developed this brushing routine and encourage you to follow it daily to help prevent these issues from occurring.

Morning

- Use Oral-B electric toothbrush with **Crest Pro-Health** toothpaste **for 2 minutes**
- Use interproximal brush (*Christmas tree brush*) to clean under the wire and in between the brackets
- Floss between every tooth (*use floss threader to get beneath the wire*)
- Rinse vigorously with **Crest Pro-Health** mouth wash for 1 minute

Mid-Day/After Lunch

- Brush for 2 minutes with travel toothbrush then rinse vigorously for 1 minute with water

Night

- Use **Oral-B** electric toothbrush with **ClinPro 5000** toothpaste **for 2 minutes** (*Each tube should last about 6 months, so use a pea sized amount.*)
- After brushing, adults should spit and NOT rinse. Children 6-16, should spit and rinse mouth thoroughly with water
- Use interproximal brush (*Christmas tree brush*) to clean under the wire and in between the brackets
- Floss between every tooth (*use floss threader to get beneath the wire*)

Be sure to change toothbrush heads at least every 3 months for best results

*It is critical to use prescription strength **ClinPro 5000** toothpaste during your entire treatment. Additional tubes can be purchased in our office.*

Follow the brushing/flossing techniques we have demonstrated. Please ask if you should ever have any questions.