

ORAL CARE DURING ORTHODONTICS



How to Brush Your Teeth

When brushing with braces, it's essential to clean above and below the brackets in addition to your regular brushing routine. Take your time and avoid rushing to ensure thorough cleaning. To maintain healthy teeth and gums, try to brush more frequently.

Learn how to brush your teeth click the link :

<https://youtube.com/shorts/uiBlqqvjEO0?si=cbRavZV3Cc0NOC7Z>



Proxabrush

These brushes are specifically designed for people with braces. Their small size allows them to clean hard-to-reach areas, such as between the braces or under the wires. **Learn how to use it, click the link :**

<https://www.youtube.com/shorts>



Using Dental Floss with Braces

Gently insert the dental floss between the braces and slide it up and down to clean between the teeth.

This helps remove plaque buildup under the brackets and around the gums.

Learn how to use it, click the link :

<https://youtube.com/shorts>



Platypus floss

Platypus floss is a specially designed dental floss for people with braces. It features a small handle for easy use, allowing for convenient access to clean between the teeth and around the brackets effectively.

Learn how to use it, click the link :

<https://youtube.com/shorts>



Water flosser

A water flosser is a helpful tool which enhances flossing routine by effectively rinsing away plaque and food debris. Using it before brushing and traditional flossing can help loosen stuck food particles.

Learn how to use it, click the link :

<https://youtube.com/shorts>