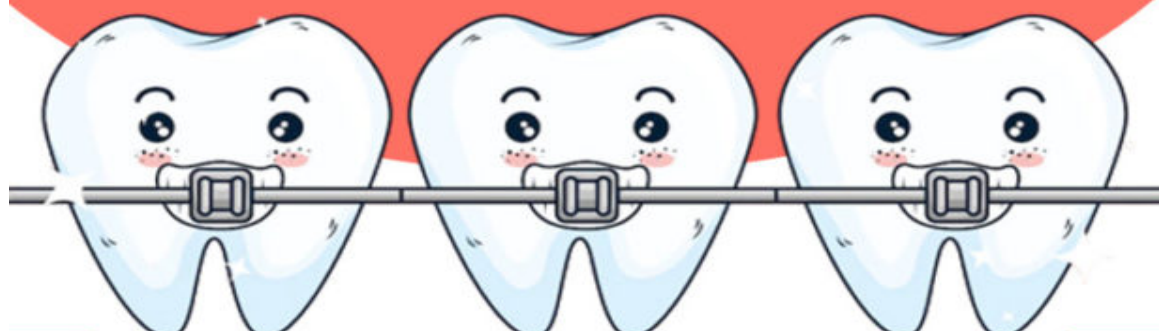


# 6 Safety Tips For Brushing With

## Braces



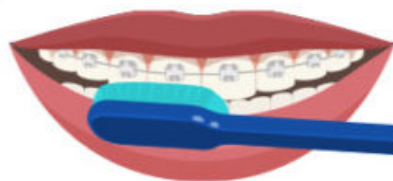
Rinse and examine your teeth thoroughly to pick any remaining food particles out of your teeth and between brackets using an orthodontic brush.

Get started by removing bands, elastics, or any removable parts of braces.



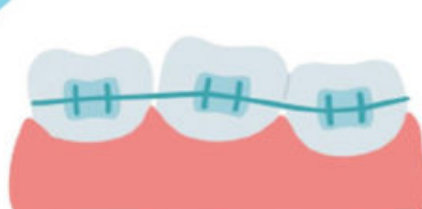
Pick a toothbrush with soft bristles.

Carefully clean around pins and wires.



Dental professionals recommend brushing your teeth twice for at least two minutes daily.

Brush each wire by gradually moving top to bottom and around the upper and lower teeth.



### Reference:

- When and how often should you brush your teeth; Mayo Clinic