

*You have been demonstrated the techniques required to maintain healthy teeth and gums. We have provided you with the instructions, information and tools to look after your teeth and gums when your braces were put on. This guide is designed to help you remember, and practice these methods effectively.*

### **Why is good oral hygiene important?**

*Good oral hygiene is important because we need a healthy foundation for your treatment.*

*The healthier your teeth are the faster your treatment can proceed. Good oral hygiene will also prevent discolouration around the brackets, so you don't get horrible marks showing once your braces are removed.*

*Continued practice of good oral hygiene will ensure good healthy teeth for life! After all at Dr Elaine Lim Orthodontist we strive to give you the best smile and bite! If you do your part here, we can do ours better.*

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**Registered Specialist ORTHODONTIST**

*"Awarded for clinical excellence and internationally recognised research"*

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# *A Guide for Excellent ORAL HYGIENE*

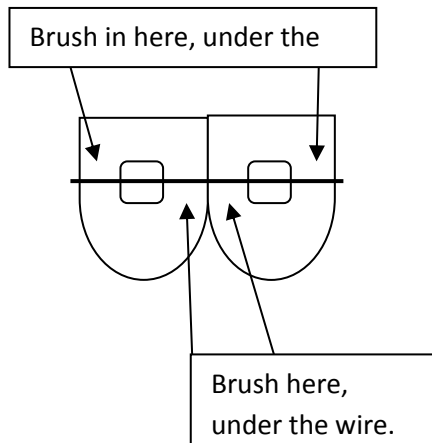
*"Healthy teeth and gums –  
an essential part of  
orthodontic treatment"*



It is important you brush your teeth after every meal. In addition to this, each night before you go to sleep you must:

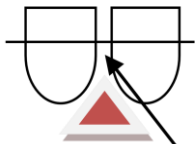
### Step 1: Inter-dental brush

Use with or without toothpaste and brush between the wire and the face of the tooth around each bracket on every tooth.

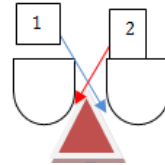


### Step 2: Superfloss

Use Superfloss between every tooth ('contact points' where teeth touch each other). Feed the floss beneath the wire, in the direction away from the gum.



Gently pull the floss between tooth contacts, slide up one side and then the other around the "v" part of the gum and tooth.

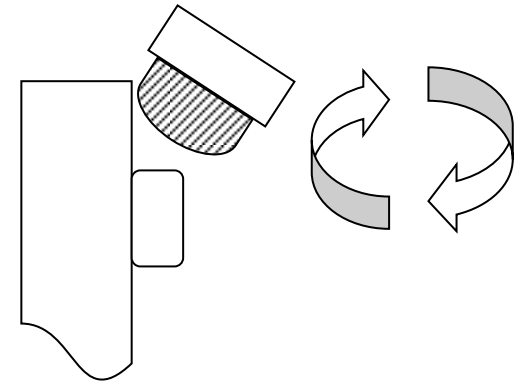


Make sure you hug the tooth and repeat between the next teeth.

If you have trouble using the Superfloss, ask our friendly staff about "Platypus Flossettes". These are a different flossing tool that eliminates the need to "thread" the floss under the wire.

### Step 3: Toothbrush

Use an orthodontic toothbrush or electronic toothbrush with an orthodontic head. You MUST use fluoridated toothpaste. Ensure the brush-head is angled away from your gum and touches all the exposed tooth surface around the brackets and wires. Make sure you brush away from gum in little circles. It should take 2 minutes to brush your teeth, around 10 seconds per tooth surface.



### Step4/5:

Rinse your mouth vigorously with water. An additional mouth rinse regimen may not be necessary if you brush well.

If you are a high risk decay patient or have fragile enamel you may be recommended Tooth Mousse.<sup>®</sup>

Please contact us immediately if you need us to assist you or demonstrate the above again.