

## A Guide for Excellent ORAL HYGIENE

“Healthy teeth and gums –  
an essential part of orthodontic treatment”

**Written By the Dental Nursing Staff at  
Dr Elaine Lim Orthodontic Clinic**

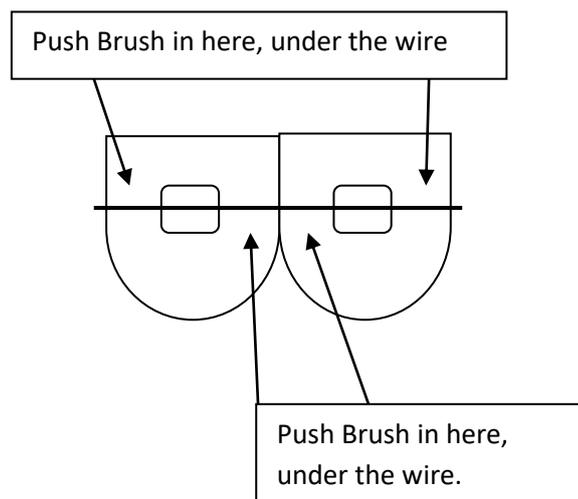
“Awarded for clinical excellence and internationally recognised  
research”

**When you are undergoing active 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 follow the steps  
below:**

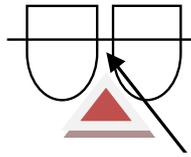
### **Step 1: Inter-dental brush (e.g. Pikster™)**

Use with or without toothpaste and brush between the wire and the face of the tooth  
around each bracket on every tooth. This is to dislodge debris and plaque trapped  
between the orthodontic wire and your teeth.

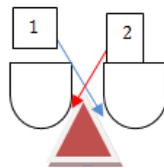


## **Step 2: Superfloss (e.g. Oral-B Superfloss™)**

Use Superfloss in-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 (e.g. Colgate Orthodontic Toothbrush™)**

Use an orthodontic toothbrush or electronic toothbrush with an orthodontic brush-head (if available). 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 whole mouth, use approximately 10 seconds per tooth surface as a guide.

## **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.®

Please contact us immediately if you need us to assist you or demonstrate the above again. Phone (03) 9576 9000 to make an “oral hygiene” demonstration appointment.

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 you are in braces treatment. This guide is designed to help you remember, and practise 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 do not get horrible marks showing once your braces are removed. Continued practise 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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