

DENTAL CARE WITH FIXED TOOTH BRACES

1 Step by step

The right way to brush your teeth

With a little practice, cleaning your teeth after every meal should be no problem. First rinse your mouth strongly with a little water. Rougher leftovers can be removed in this way. Use a medium-hard short-headed toothbrush.

- a** Brush the space between gums and bracket (fixed brace) in small back-and-fore/up-and-down motions, with the toothbrush steeply angled. Thus you clean the critical range between teeth, gums and also massage the gums at the same time. Subsequently, you clean the area by the brackets.
- b** Afterwards you brush the surface below the brackets again with a steeply angled toothbrush.
- c** The front surface of the teeth is thus divided into three ranges which are cleaned separately. Set the bristles of the toothbrush diagonally (angle approx. 45 degrees), in order to get well under the edge of the gum and under the metal wire which connects the brackets.
- d** Next the chewing surfaces are brushed clean (picture left) and **e** the inner surfaces of the teeth with a circling movement (picture below). This procedure does not differ here from normal tooth brushing.

By the way, if you are not at home, we advise you to have a travel toothbrush with you.



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2 Interdental brush

For the next steps you need a interdental brush which you can get at our practice. (You have a free choice of which head to keep.) There are two different brush-head sizes; use the size which feels best for you.

- a The interdental brush is just as important for fixed braces and gives the same results as a normal toothbrush! Please carefully clean the space between the brackets with the interdental brush (gap brush). Make sure that no part of the appliance or the teeth is forgotten. If you use dental floss in the evening for cleaning the difficult gaps between the teeth, you have done everything you can to avoid cavities and gum inflammations.



3 Dental floss

- a See above left the procedure for using the dental floss below the wire, and on the left for the actual cleaning. We recommend a special dental floss with a strengthened end for this, for example "Superfloss". Use dental floss firstly in the interdental space, afterwards at the sides of the left and the right tooth, in order to remove surface particles.

- b Depending upon the size of the interdental space, one uses the thin dental floss part or fluffy part of the cleaning thread. Please do not use a sawing movement!



4 Detachable Braces

- a Detachable Braces need similar care! If you wear a detachable brace, you should clean it with a toothbrush and toothpaste under running water. Additionally, you can use so-called tooth cleaning tablets twice a week (e.g. Kukis).



If you have questions, we are here to answer them.

Your ADENTICS-Team

