

ORAL HEALTH LEAFLET

Keeping your teeth nice and clean!

Whether you have your braces on, or you are waiting for your treatment to start, you have to make sure your teeth are nice and clean. It may be the case that your treatment can not start until your oral hygiene improves. If this is the case we can help.

We brush our teeth to rid our mouth of plaque. Plaque is full of bacteria, and if we took a scraping of plaque from your teeth and placed it under a microscope, you would be able to see the bugs moving around – pretty gross!! All this bacteria within plaque can cause your gums to swell and become very puffy and inflamed and you may notice bleeding when you brush. **Healthy gums do not bleed!!** If you ever notice bleeding when you brush, it is your body's way of telling you that you have not done a very good job when it comes to plaque removal, and you either need to work at your technique or routine. And **we can help** you with that.

Technique and routine

If you are awaiting treatment and do not have braces on, your routine should be brushing your teeth 2x daily for 2 minutes. 2 minutes can fly by when you are chatting to a friend or sending a text, but when it comes to your teeth it can seem like forever! A timer is a good idea, or using your phone. Try it and it will surprise you how long it really is.

You should be brushing your teeth **before** your breakfast in the morning and **before** you go to bed at night.

Your technique is very important; you must insure each tooth and every surface of each tooth is covered along with your **gum line**. The gum line is where the plaque collects, more so

than anywhere else in the mouth, so it is very important not to miss them out.

What we recommend

Our technique is very easy and we will take the time to demonstrate it for you. We use it for patients with and without braces. If you divide your mouth into 4 sections, drawing an imaginary line down the centre of your mouth and one across. Starting on the upper right section, scrubbing in a “side to side” motion, when you get to the front tooth, move onto your biting surfaces, then onto the insides were the roof of your mouth is. Always start at the back on each surface, this ensures that the back teeth don't get missed out.

Brushing around your brace

Start at the back, on the top right as suggested. Brush on top of the brackets with your special tooth brush from the pack we recommend. As shown in the picture below.



Go back to the back tooth again and brush above the brackets, you should be able to feel the bristles of the brush on your gum line.

Repeat this on all the other sections of your mouth. When you have finished, use the yellow TP brushes to brush in between the brackets and underneath the wire, this will ensure that all surfaces of the tooth are cleared free from plaque and food, clean the upper teeth and then the lower.

You need to brush your teeth 3x daily with the fixed brace on so inside the pack includes a travel toothbrush, a travel size tube of toothpaste and your yellow interdental brushes.



Mouth wash

We include a trial size mouth wash in the pack we recommend, which has a high content of fluoride in. Fluoride helps to keep the teeth strong whilst the braces are on. With or without braces fluoride is important and can be found in many mouth washes and tooth paste. We recommend Colgate total toothpaste and there is also a trial size sample in the pack.

If you have any questions please feel free to ask them, and remember to look after your teeth and gums!