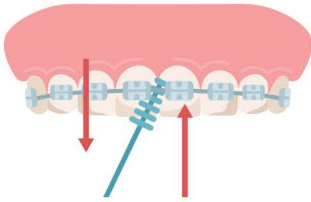


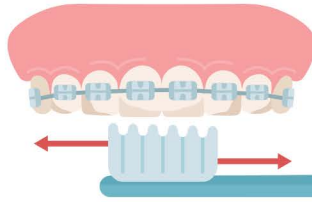
# METAL BRACES

## BRUSH CAREFULLY

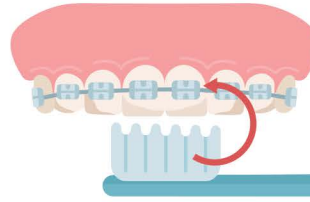
Braces create extra surface area on the teeth, which means more opportunities for food to get lodged and cause decay. Beat this by brushing and flossing frequently. When brushing, hold the toothbrush at a 45 degree angle and brush in a circular motion around each bracket. Be sure to take your time to ensure you've removed all plaque and buildup.



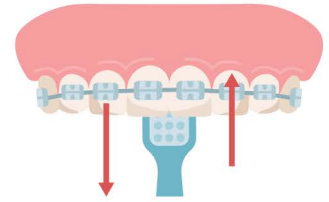
Clean With A Brush



Brush The Outer, Inner and  
Chewing Surfaces of Each  
Tooth



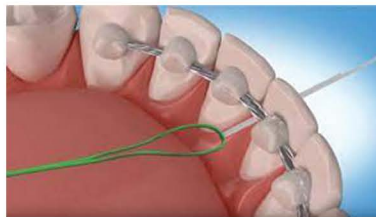
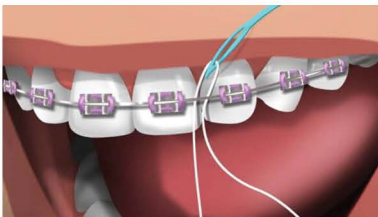
Brush Gently In  
A Circular Motion



Use The Tip Of Your Brush For  
The Inner Surface Of Your  
Front Teeth

## FLOSS YOUR TEETH

Brackets and wires make flossing tough. However, flossing is an essential part of having good oral hygiene as it gets hard to reach places where toothbrushes cannot. Foods stuck in brackets can cause tooth decay. Use a floss threader to get underneath the ortho wire and in between the teeth. A water pik can also be a very helpful tool to use with metal braces.



## DIET

Whether you have braces or not it is always recommended that you eat a healthy and balanced diet. It's important you avoid foods that increase the risk of tooth decay or could damage your braces. Avoid chewy, hard, and sticky foods such as popcorn, ice cubes, whole apples, or caramel.

## VISIT YOUR DENTIST FREQUENTLY

While braces are a functional system, they do require more attention than unbraced teeth. With this in mind, visit your dentist and orthodontist frequently. They will be able to fix any problems that may have arisen and prevent them from getting worse. If a bracket comes off or you have any questions or concerns please call the office.



**SUNRISE  
SMILES**

