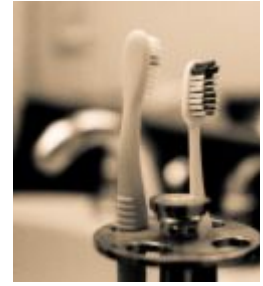




BRACE WATCHER'S

ORAL HYGIENE TECHNIQUES

RECOMMENDED BY DR. TRAMMELL



1. **USE DENTAL FLOSS AS DIRECTED ONCE A DAY BEFORE YOU BRUSH.** A WATER-PIK DEVICE MAY ALSO BE USED AT THIS TIME. WE RECOMMEND USING A ROTO-DENT FOR THE MOST THOROUGH CLEANING. THESE BRUSHES ARE AVAILABLE FOR PURCHASE THROUGH OUR OFFICE.
2. **BRUSH FIRST, WITHOUT TOOTHPASTE**
 - WIGGLE THE BRUSH UNDER THE ARCHWIRE AT THE GUM LINE AND FLIP UP ON THE LOWER TEETH OR DOWN ON THE UPPER TEETH, EIGHT TIMES IN EACH AREA OF THE MOUTH.
 - MOVE THE BRUSH BACK AND FORTH ABOVE AND BELOW THE ARCHWIRE, EIGHT TIMES IN EACH AREA.
3. **LOOK AT THE TEETH CAREFULLY**
 - USE THE SMALL BRUSH AT THE END OF YOUR TOOTHBRUSH TO REMOVE ANY VISIBLE FOOD AND PLAQUE.
 - A FLASHLIGHT AND MIRROR CAN HELP YOU SEE MORE CLEARLY.
4. **BRUSH WITH TOOTHPASTE**
 - BE SURE TO BRUSH ABOVE AND BELOW THE ARCHWIRE, EIGHT TIMES IN EACH AREA.
 - BRUSH ON THE INSIDE AND TOP SURFACES OF THE TEETH, EIGHT TIMES IN EACH AREA.
 - ALSO BRUSH THE TOP OF YOUR TONGUE IN ORDER TO REMOVE THE BACTERIA CONCENTRATED THERE.
5. **BRUSH FLUORIDE GEL ON ALL SURFACES OF THE TEETH ONCE A DAY.** DO NOT RINSE YOUR MOUTH WITH WATER OR ANY OTHER LIQUID FOR AT LEAST 30 MINUTES AFTER THE FLUORIDE APPLICATION BECAUSE THIS WILL LESSEN THE EFFORT OF THE FLUORIDE GEL TREATMENT.

** THESE BRUSHING INSTRUCTIONS DIFFER WHEN USING THE ROTO-DENT BRUSH.
SEE ROTO-DENT PACKAGE FOR INSTRUCTIONS.