

Brighter smiles. Brighter you.

treatmentinformation



Cleaning a fixed brace.

It's very important that you keep your braces, gums and teeth clean and healthy throughout your treatment.



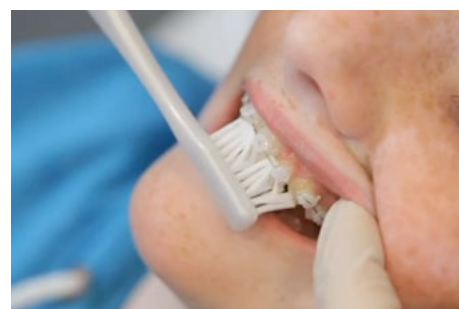
Step 1: Cleaning your gums

The first step is to move your toothbrush gently backwards and forwards, cleaning the area where your gums meet your teeth, making sure the bristles get into every corner. This process should take at least 2 minutes.



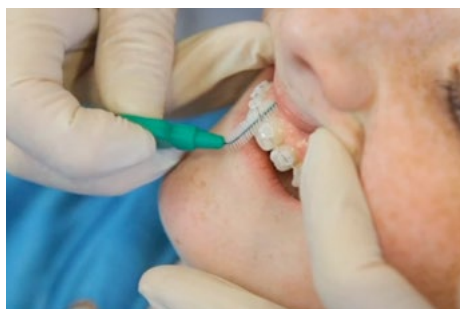
Step 2: Cleaning the brackets

Once you have cleaned the gums you can begin to clean the brace itself. Position the toothbrush over each bracket and turn it in small circles, working your way all around each bracket.



Step 3: Cleaning the brace

The third step is to clean the brace from underneath on the top arch and from above on the bottom arch.



Step 4: Interdental Cleaning

Using Interdental toothbrushes clean your teeth underneath the brace wire. Cleaning the side of each bracket, brush upwards in the upper arch and downwards in the lower arch, angling the brush use between 5-10 times on both sides of each bracket.

For more information and videos on this procedure and other orthodontic treatments please visit our website:

<http://confi-dent.co.uk/patients/educationalvideos.php>