

ORAL HYGIENE

Poor tooth-brushing leads to bleeding, swollen gums, bad breath and permanent marks on your teeth after the brace is removed

The rules

- Brush at least twice daily with fluoride toothpaste.
- Use a pea-sized amount of fluoride toothpaste (1350-1500ppmF)
- Brush last thing at night and at least on one other occasion
- Spit don't rinse after brushing
- Use disclosing tablets to help you see plaque easier
- Reduce the amount and frequency of sugary foods and drinks
- Whilst wearing braces, use a daily fluoride mouthwash (0.05% Fluoride / 225ppmF) at a different time to brushing

How to use disclosing tablets

- Clean your teeth
- Suck one tablet until dissolved
- Colour stain on teeth means the brush never went there
- Back to brush until all colour gone
- Learn from your mistakes
- Continue to visit your Dental Surgeon for a check up