



! Why hygiene matters during treatment

Brackets and wires create many new places for plaque to collect, so your routine needs an upgrade.



Cavity risk rises

Plaque builds up quickly around brackets and under the wire.



White spot lesions

Plaque left around brackets can cause decalcification: chalky white marks that may be permanent.



Gum health

Plaque causes swollen, bleeding gums (gingivitis), making treatment less comfortable.



Stay on schedule

Good hygiene helps avoid problems that could need extra visits or delay treatment.

8 The complete cleaning routine

Brush thoroughly at least twice a day for two minutes, and ideally after meals.

1 Rinse

Rinse with water first to loosen trapped food particles.

2 Brush above the brackets

Angle a soft brush about 45° down toward the bracket and clean along the gumline.

3 Brush below the brackets

Angle the brush about 45° up to clean underneath the brackets and wire.

4 Biting & inner surfaces

Finish the chewing surfaces and the tongue-side surfaces of every tooth.

5 Interdental brush

Clean between brackets and under the archwire to remove trapped plaque.

6 Floss daily

Use a floss threader or orthodontic floss once a day. A water flosser can help too.

7 Fluoride: spit, don't rinse

Use fluoride toothpaste and spit without rinsing. Ask us whether a fluoride mouthwash suits you.

8 Mirror check

Bracket edges should be clearly visible, with no food or fuzzy plaque.



Your care kit

Keep these at home, and a mini set in your bag or at work.



Soft or orthodontic toothbrush



Interdental brushes



Floss threaders / orthodontic floss



Water flosser (optional)



Fluoride toothpaste



Orthodontic wax



Small mirror



Everyday Life with Braces



Tips for busy adults



Carry a travel kit

A folding toothbrush, interdental brushes, a small toothpaste and wax make cleaning after lunch easy.



Mind staining drinks

Coffee, tea and red wine can stain elastic ties. Rinse with water after drinking them.



Wearing clear aligners?

Remove them to eat or drink anything but water. Brush before putting them back, and clean them with cool water, as hot water can warp them.



Keep seeing your dentist

Continue regular dental check-ups and cleanings throughout orthodontic treatment.



Cut, don't bite

Slice crunchy fruit and vegetables into small pieces and chew with your back teeth.



Skip smoking

Smoking stains teeth and brackets and is bad for gum health during treatment.



Foods to enjoy and avoid

✓ Braces-friendly

Pasta & rice	Soft bread
Fish & tender meat	Eggs
Yoghurt & cheese	Soft or cooked veg
Bananas & berries	Soups

✗ Avoid

Nuts & hard seeds	Popcorn
Toffee & caramel	Hard sweets
Chewing ice	Chewing gum
Biting corn on the cob	Tough, chewy meat



Weekly routine tracker

Daily task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning brush (2 min)	☐	☐	☐	☐	☐	☐	☐
Rinse or brush after meals	☐	☐	☐	☐	☐	☐	☐
Interdental brush	☐	☐	☐	☐	☐	☐	☐
Floss under the wire	☐	☐	☐	☐	☐	☐	☐
Night brush (2 min)	☐	☐	☐	☐	☐	☐	☐



Braces trouble? Here's what to do



A wire is poking

Cover the end with a small ball of orthodontic wax, then call us so we can fix it.



A bracket came loose

Keep any loose pieces and call us to book a repair. Don't try to glue it yourself.



Teeth feel sore

Tenderness after fitting or an adjustment is normal for a few days. Stick to soft foods while it settles.

This is general guidance. Always follow the instructions Dr Dasoo and the team give you for your treatment.