



! Why should I clean my braces?

Braces are like a tiny climbing frame on your teeth, and food loves to get stuck on it!



Plaque loves to hide

Food and sugar bugs hide around brackets and can make holes (cavities) in your teeth.



White spots can stay

Plaque left too long can leave white marks you'll see when your braces come off.



Happy gums

Clean gums stay pink and comfy. Dirty gums get puffy, sore and can bleed.



Finish on time

Clean teeth help your braces do their job, so you get to your big smile reveal!

8 How to clean my braces

Do this every morning and every night. Brush for 2 whole minutes, 30 seconds for each part of your mouth.

1



Rinse

Swish water around your mouth to wash out loose food.

2



Brush above the brackets

Tilt your brush down and scrub along the top of every bracket.

3



Brush below the brackets

Now tilt your brush up and scrub under every bracket.

4



Tops & insides

Brush the chewing tops and the backs of your teeth too.

5



Use a tiny brush

A little "Christmas tree" brush sweeps between brackets and under the wire.

6



Floss

Thread the floss under the wire and slide it gently between your teeth.

7



Spit, don't rinse

Spit out the toothpaste but don't rinse, so the fluoride keeps protecting your teeth.

8



Mirror check

Smile in the mirror. Your brackets should look shiny with no food stuck!



My braces care kit



Soft or orthodontic toothbrush



Interdental brushes



Floss threaders



Fluoride toothpaste



Orthodontic wax



Small mirror

 **Braces-friendly or not?****✓ Yes please!**

Bananas



Pasta



Yoghurt



Cheese



Pancakes



Scrambled eggs



Apple slices



Rice

✗ Avoid

Popcorn



Toffee



Nuts



Chewing ice



Lollipops



Biting whole apples



Sticky chocolate bars



Chewing gum

My weekly braces chart

Colour in a star each time you finish a job. Can you fill the whole chart?

My jobs	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Brush in the morning (2 min)	☐	☐	☐	☐	☐	☐	☐
Rinse after lunch & snacks	☐	☐	☐	☐	☐	☐	☐
Tiny brush between brackets	☐	☐	☐	☐	☐	☐	☐
Floss under the wire	☐	☐	☐	☐	☐	☐	☐
Brush at night (2 min)	☐	☐	☐	☐	☐	☐	☐

Uh-oh! Braces trouble?**A wire is poking**

Ask a grown-up to help cover it with a little ball of orthodontic wax, then call us.

**A bracket came loose**

Keep any loose pieces and ask a grown-up to call us to fix it.

**My teeth feel sore**

That's normal for a few days after a visit. Eat soft foods while it gets better.

**Bring your full chart to your next visit!**

Show the team how well you've looked after your braces.

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