

How to properly clean braces!



Interdental Toothbrush

A Proxabrush is an interdental toothbrush that you may use to clean underneath your wires and around your braces. Use the Proxabrush gently to avoid damaging your gums. The Proxabrush, along with good brushing and flossing will help you to clean your braces while maintaining healthy teeth and gums.



Topical Fluoride Rinse

A sodium fluoride mouth rinse helps prevent tooth decay while you are wearing braces. The use of the fluoride rinse does not replace daily brushing and flossing but should be done following your daily schedule at bedtime. Place a small amount in your mouth, swish for 30 seconds and spit it out. It is important that you do not swallow. For the active ingredient to stay on your teeth and in your mouth for 30 minutes, do not wash it away by eating or drinking.

The Pediatric Dental Group recommends Oro Naf – sodium fluoride (which comes in 4 flavours) or any daily mouthwash that contains fluoride.



Cleaning Your Removable Appliance

Brush your removable appliance every day as a part of your regular brushing and flossing schedule. Because food particles and plaque can accumulate on your appliance just as they do on your teeth, soak the appliance in water.