



## HOME CARE ORTHODONTIC TOOTHBRUSH INSTRUCTIONS

### YOU MUST BRUSH YOUR TEETH IMMEDIATELY AFTER EVERY MEAL

Please remember the instructions that the dental assistant in my office gave you in the correct method of brushing your teeth and your appliance.

The main points to recall are:

1. BRUSH UP ON THE LOWER TEETH FROM THE GUMS.
2. BRUSH DOWN ON THE UPPPER TEETH FROM THE GUMS.
3. THEN BRUSH OVER THE BRACES ( remember how the dental assistant showed you how to “ brush over bands” going all the way around your mouth)
4. Whenever you are away from home and do not have your brush, remember to rinse out your mouth with water. At school bring your toothbrush so that you can easily do this in the wash room. Be sure to rinse vigorously so that you get rid of “ loose food particles”.

Following these simple instructions will help you keep a happy, clean, pleasant mouth.

**ITS UP TO YOU !!!!!!!!!!!!!!!!!!!!!!!**

**I am here to help you.**

**.David H. Reiss, D. M. D.**