



LakeStone Orthodontics PC

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Flossing

For areas between the teeth that a toothbrush can't reach, use dental floss to remove food particles and plaque. Flossing takes more time and patience when you are wearing braces, but it is important to floss your teeth every day.

Use the reusable floss threader provided by our office to floss under your archwire daily. Pull a small length of floss from the dispenser through the threader and slide it up and down along the front of each tooth. You will be able to feel when the tooth is clean and hear the squeak of the floss against your clean teeth. Use care around your archwire and do not floss too forcefully around it or put too much pressure on it. After you floss between your archwire and braces, floss between your other teeth and gums.

Floss at night to make sure your teeth are clean before you go to bed. When you first begin flossing around your braces, your gums may bleed a little. If the bleeding does not go away after the first few times, inform a staff member at your next appointment.



Interdental Toothbrush

A Proxabrush is an interdental (between the teeth) toothbrush that you may use to clean underneath and around your wires and braces. Use the Proxabrush gently to avoid damaging your wires. The Proxabrush will help you to clean your braces while maintaining healthy teeth and gums.

