

FARREY FAMILY DENTISTRY, LLC



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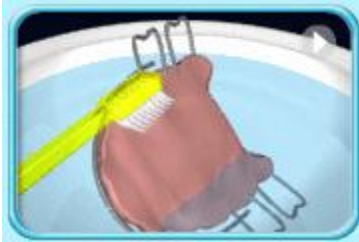


INSTRUCTIONS FOR ORTHO-APPLIANCES

People wearing orthodontic appliances should clean the appliances every day as dental plaque also adheres to the appliances.

Cleaning removable orthodontic appliances

The user must take it out and clean it thoroughly to remove the [dental plaque](#) in the morning and before bed at night.



Cleaning removable orthodontic appliances

Take out the removable orthodontic appliance, use a toothbrush and some detergent to clean every surface of the appliance. After cleaning, the appliance can be put into your mouth again.



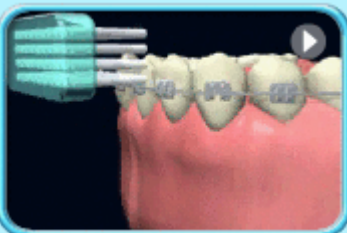
Points to note

When the orthodontic appliance is not worn, it should be cleaned and immersed in a cup of water.

Cleaning fixed orthodontic appliances

It is rather difficult to clean the teeth with the fixed orthodontic appliance in place. People wearing fixed orthodontic appliances should pay special attention to their oral hygiene to reduce the chance of developing [tooth decay](#) or [gum disease](#). You should clean your teeth and the appliance every day in the morning and before bed at night as well as after each meal.

Cleaning fixed orthodontic appliances



1. Firstly, brush the area between the orthodontic appliance and gingivae (gums). Then, brush the area between the appliance and the crown of the teeth.

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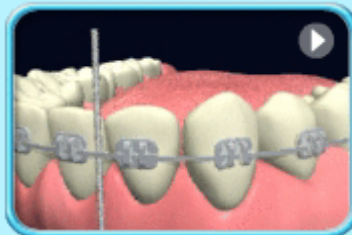


2. Finally, insert an interdental brush into the area between the tooth and the appliance to clean.

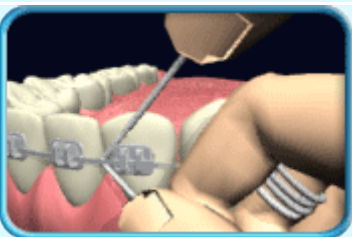
Flossing is difficult for people wearing fixed orthodontic appliance. Hence, superfloss can be used to facilitate the removal of dental plaque in the adjacent tooth surfaces.



Superfloss



1. Push the stiffened end through the space between the teeth and the orthodontic appliance.



2. Then wrap the floss ends around middle fingers, hold it tightly between the thumbs and forefingers of both hands, leaving about 2 cm of floss in between.

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3. Gently pull the floss into the interdental space by using a sawing motion.



4. Wrap the floss around one tooth in a "C" shape, pull down to the deepest part of the gingival sulcus, and then slide up and down to clean the tooth surface. Then wrap around the adjacent tooth and repeat the cleaning.

As usual use the [toothbrush](#) to clean the [inner surfaces](#) and [chewing surfaces](#) of all the teeth.

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