

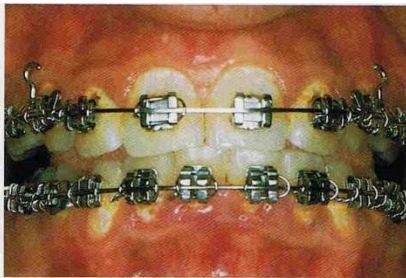
You must: **brush** between your gums and the braces on every tooth and between each tooth.

Daily **flossing** is recommended to prevent decay and gingivitis.

Daily **fluoride rinses**, available over the counter at drug stores, will help to prevent decalcification marks.

Your hygiene will be graded at each visit, and repeated poor oral hygiene will result in extra dental cleanings, possible removal of appliances with extra cost to replace, and possible decay on your teeth.

## Proper Brushing is Vital to Oral Health



poor brushing can cause permanent damage to teeth



proper brushing helps keep teeth clean and healthy.

