

Oral Hygiene

Excellent oral hygiene is a basic requirement for orthodontic treatment and optimal dental health in general. Patients whose oral health is less than the excellent standard required for orthodontic treatment will not be accepted for treatment within the department.

Tooth brushing – Brush your teeth every morning and night. This should take at least 3 minutes with a soft toothbrush and toothpaste.

1. Place the brush at a 45 degree angle to the gums and gently brush using a small, circular motion, ensuring that you always feel the bristles on the gums.
2. Brush the outer, inner, and biting surfaces of each tooth.
3. Use the tip of the brush to clean the inside of the front teeth.
4. Brush your tongue to remove bacteria and freshen your breath.

Electric toothbrushes are also recommended. They are easy to use and can remove plaque efficiently. Simply place the bristles of the electric brush on your gums and teeth and allow the brush to do its job, several teeth at a time.



Permanent white marks left on teeth following removal of braces due to poor oral hygiene

Flossing– Daily flossing is the best way to clean between the teeth and under the gumline.

1. Using your thumbs and forefingers to guide the floss, gently insert the floss between teeth using a soft back and forth motion to remove plaque between each individual tooth.
2. Slide the regular floss under the gumline.
3. Interdental brushes may also be used to clean between the teeth- your general dentist will help recommend the size of interdental brush suitable for you.

Following the placement of braces on your teeth, a full demonstration will be given to each patient on specific techniques of keeping teeth clean when undergoing orthodontic treatment.