

# Step-by-Step: Brushing Your Teeth and Braces

Brushing Your Teeth and Braces. Put toothpaste onto your toothbrush.

Press the bristles of your toothbrush to the front of your teeth on top of your braces and gently brush them in a circular motion.

Press the bristles to the back of your bottom teeth and repeat the circular motion. Be sure to brush up and down, as well. Place the bristles behind your top teeth and brush up and down.

Place the bristles on top of your teeth and brush backward and forward. Place the bristles on your tongue and brush backward and forward until you have cleaned the entire tongue.

The contents of this video/website are for information purposes only. Nothing contained in this video/website is intended to substitute for medical advice, diagnosis, or treatment. If you have any healthcare related concerns or questions, you should seek the advice of your physician or other qualified healthcare providers. You should never disregard or discount the importance of professional medical advice because of something you have read or seen on this video/website. You should never delay seeking treatment or advice for a medical condition because of something you have read or seen on this video/website.