Braces cleaning and fluoride card

A daily routine to protect enamel while your braces are on. Your orthodontist's own instructions come first.

1 Every day

WHEN	WHAT TO DO
After every meal and snack	Brush with fluoride toothpaste and a soft brush. Hold the brush straight against the brackets and scrub in small circles 10 times. Angle it toward the chewing surface for 10 more. Angle it toward the gumline for 10 more, so the gumline is cleaned too.
Once a day	Floss. A floss threader or Superfloss gets the floss under the archwire.
Daily	Use a small interdental or end-tuft brush around each bracket, where the toothbrush skips.
After brushing, if advised	Fluoride mouthrinse, once or twice a day. Try not to rinse with water afterward.
With drinks	Have sugary or acidic drinks with a meal and finish them. Sipping all afternoon keeps acid on the teeth for hours.

2 Photo check log

Smile wide in good light and photograph your front teeth every few weeks. Chalky patches show on camera before you can feel them. Tell your orthodontist when you see one.

DATE	CHALKY PATCHES?	WHERE	TOLD US?
	☐ Yes ☐ No		☐
	☐ Yes ☐ No		☐
	☐ Yes ☐ No		☐
	☐ Yes ☐ No		☐

3 Ask at your next adjustment

- ☐ Should I use extra fluoride, such as a professional treatment, a prescription toothpaste or a rinse?
- ☐ Show me where I am missing plaque when I brush.
- ☐ Do you see any spots forming?
- ☐ What are my options if marks remain when the braces come off?

> In a 2025 review of 57 studies, about 55 per cent of people with braces had at least one white spot. Edmonton's water carries fluoride at about 0.7 parts per million, which helps enamel across the mouth but does not clean around a bracket. Brown, rough or sensitive spots can be cavities: see your General Dentist.

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