



Fastbraces

Oral Hygiene & Elastic Placement

Oral Hygiene

Teeth: Ensure you rinse your mouth out with water and brush your teeth with a soft toothbrush and fluoride toothpaste after each meal.



In-between teeth: floss between your teeth daily ensuring the floss is underneath the wire and cleans around the gum



Around the brackets: Use interdental brushes underneath the wire to remove food from around the brackets after each meal





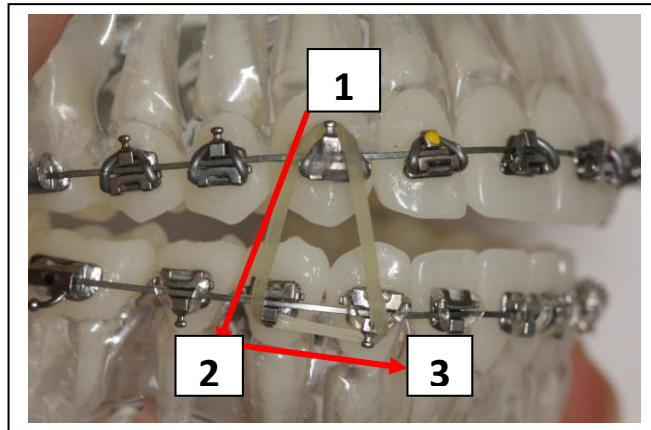
Placement of Elastics

At some stage during your orthodontic treatment with Fastbraces, you will be required to wear elastics. We will direct you on the method in which you are to wear your elastics along with the time required ie: all day & night or just at night time.

There are 2 methods to place elastics.

Method 1: Open Triangle

- 1) Start by placing the elastic band over the hook on your upper canine (eye-tooth)
- 2) Stretch the elastic down to the lower first premolar (the tooth behind your lower canine)
- 3) Direct the elastic over to the lower canine and release around the hook.



Method 2: Inverted "V"

- 1) Start by placing the elastic band under the hook on your lower first pre-molar (tooth behind the canine)
- 2) Stretch elastic band up over the hook of the upper canine
- 3) Direct the elastic band back down and hook under the lower canine.

*Hint: use tweezers to assist you

