

FIXED RETAINERS

Brushing

Using a small headed, soft toothbrush or electric toothbrush make sure you angle the bristles in order to brush all surfaces around the fixed retainer and along the gum margin under the fixed retainer.



Flossing



Oral B 'Superfloss' is a pre-cut floss that has a piece of plastic on one end that is designed to guide the floss under the fixed retainer.



Floss threaders can also be used to help guide regular floss under the fixed retainer.

Push the floss threader or plastic end of the Superfloss between the teeth



Be sure to guide the floss closer to gum, so that the floss will be under the wire when pulled through.

Using the floss wipe up and down the surface of one tooth to remove the plaque attached to the tooth.



Then repeat for the adjacent tooth, wiping up and down to remove the plaque.

Slide the floss between the teeth and pull the floss out. Repeat with adjacent teeth

