

# Braces Care Kit

To Clean & Protect Your Smile

## Rotadent ProCare® Professional Rotary Toothbrush

- Clinically proven to be as effective as brushing and flossing combined
- Removes 92% of plaque in the first minute of brushing
- Provides consistently superior results in in-vitro stain removal from both flat and interproximal surfaces
- 1 year warranty

Box set includes: Brush handle, hollow-tip brush head, short-tip brush head, & charger

[More details at [www.denmat.com](http://www.denmat.com)]



## Mi Paste Plus™ For Sensitivity & Enamel Protection

Topical tooth crème (not tooth paste) that can be applied daily to:

- Relieve sensitivity by protecting dental nerve endings by forming a buffer against plaque
- Help re-deposit lost minerals to strengthen your teeth

[More details at [mi-paste.com](http://mi-paste.com)]

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DENTAL & ORTHODONTICS

# Braces Care Kit Instructions



Rotadent ProCare® requires a tooth-by-tooth brushing technique. The 360-degree rotation may cause the brush head to slip off of the teeth during use, particularly when first getting used to this technique. To help correct this, stabilize the handle with a firm grip. Next, follow the margins of the gumline to ensure proper cleaning of all surfaces, as described below:



- Brushing Technique:** Hold your Rotadent ProCare® so the brush tip meets your gum line and the tooth surface at a 90-degree angle. To thoroughly clean each tooth, use the long-tip brush head and make "M" motions on the top teeth to massage the gumline and "W" motions on the bottom teeth.
- Built-in Timer:** To make sure you brush evenly, divide your mouth into four sections (or quadrants). Brush each quadrant thoroughly for 30 seconds, as indicated by the QuadTimer.
- Note:** Some individuals may experience a mild tingling sensation when first using the Rotadent ProCare®. This should stop after a few days of use.

[Reference: Rotadent ProCare® User Manual]

## Mi Paste Plus™



- Brush with a fluoride toothpaste in the morning and at night
- Apply a pea-sized amount of Mi Paste Plus™ to your teeth's surface using a cotton swab or gloved finger
- Leave undisturbed for 3 minutes
- Expectorate (spit) but do not rinse; leave the excess to slowly dissolve



[More details at [mi-paste.com](http://mi-paste.com)]

Instructions have been provided for patient convenience. Please refer to the manufacturer's product guides included in their package for details. Soumava Sen DDS, P.C., Brident Dental Associates, P.C., and Brident DDS, P.C. dental practices are independently owned and operated by Soumava Sen, DDS, Yein Kim, DMD, and Sylvia Lin, DDS, licensed dentists doing business as Brident. The dental practices receive administrative and business support services from Brident Dental Services, LLC ("BDS"). BDS does not own or operate the dental practices, employ, or in any way supervise, the dentists providing dental care.

