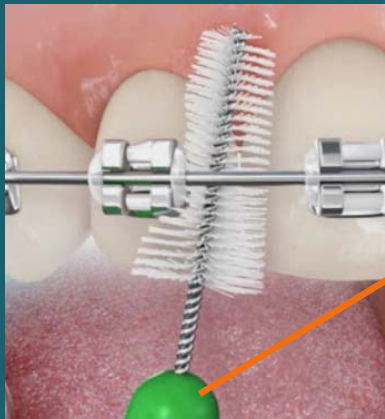


Food caught between teeth



- This is easily fixed with a piece of dental floss
- Try tying a small knot in the middle of the floss to help remove the food, or use an interproximal brush or toothpick to dislodge food caught between teeth and braces



Photos and information courtesy of the American Association of Orthodontists