

# BUZZ ON BRACES

## The Brackets

Today we bonded (glued) braces to your teeth. The braces or **brackets** are handles used to attach a wire to your teeth. This **arch wire** runs from tooth to tooth and is the gizzmo which actually moves your teeth. It is held on to the bracket by small coloured rings or **donuts**. At each visit the wire and donuts may be changed to produce gentle pressure on the teeth which causes them to move. This is commonly called "getting your braces tightened". The braces will stay on your teeth until treatment is finished and your teeth are straight.

You may find the inside of your lips and cheeks are sore for a few days. This is normal! Use the wax we gave to you on your braces where they feel sharp. It really helps until you get used to the new stuff in your mouth. As well, your teeth may hurt for a few days. You may need something to help with the pain. Ask us! We are here to help! Look at your braces every day. See how shiny and clean they are. Please keep them this way at all times.

Check your braces every day to make certain they have not come away from the teeth. Hold each bracket with 2 fingers and give a gentle tug. If it moves up and down or from side to side it is a loose or broken brace.

**PLEASE REPORT THIS TO OUR OFFICE IMMEDIATELY!**

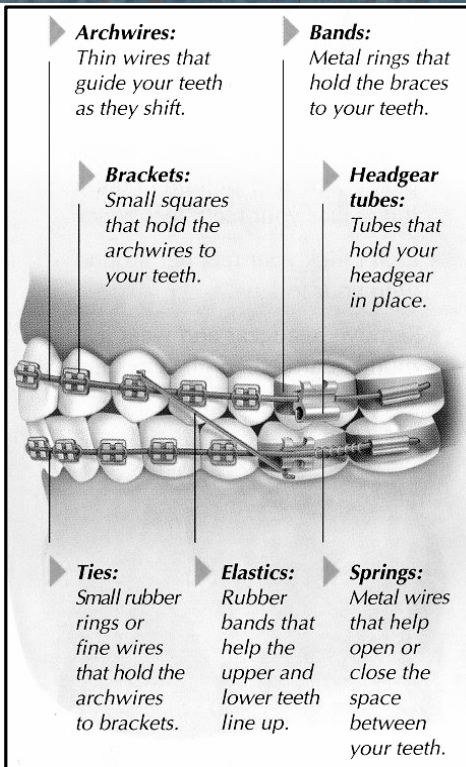


**DR. STEPHEN C. GURZA**  
ORTHODONTIST

**THE BRACE PLACE®**  
*Smiles corrected while you wait*

Thornhill SQ:301-300 John St. Thornhill [905-731-3323]  
Finch Midland Med.: 4190 Finch Ave. E. [416-754-0640]  
Yonge-Davisville: 1910 Yonge Street [416-489-1313]

## ORTHODONTIC PROBLEMS



## Tips to Prevent Problems

Always follow your orthodontist's instructions about proper wear and care. But here are some general tips that will help prevent problems.

- Don't play rough while wearing headgear.
- If you wear braces, don't eat foods that are hard, sticky, crunchy, or chewy. Avoid candy, gum, nuts, and corn on the cob. Cut raw carrots or apples into small pieces.
- Don't pick at or pull on braces even if it makes your teeth feel better.
- Don't flick your retainer around with your tongue.
- Remove headgear and wear a mouthguard when playing sports.

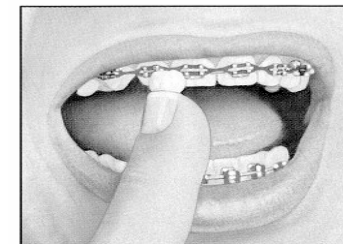
## Can You Take Care of It?

Before calling your orthodontist with a problem, ask yourself: Is this an emergency? True emergencies are rare. Spend a few moments learning more about your appliance and how to solve small problems. This will help you handle minor concerns on your own without first calling your orthodontist.

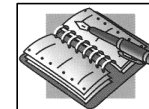
## What You Can Do

Keep orthodontic wax and a pencil eraser handy. Here are some tips for handling minor problems:

- **Poking wire or bracket:** Roll a piece of wax into a ball and press it onto the part that's poking you.
- **Broken wire:** Press the wire toward your teeth with a pencil eraser.
- **Small cut:** To help the cut heal, rinse your mouth with a mixture of 1 teaspoon of salt and 1 cup of warm water.



*A ball of wax pressed onto a wire or bracket can keep it from poking your mouth.*



Call for a Special Appointment

Call your orthodontist's office during regular business hours if:

- An appliance breaks.
- A piece of the appliance is loose.
- An appliance gets lost.



Call Dr. Gurza Right Away

Call day or night if:

- A broken appliance prevents the mouth from opening or closing.
- Pain from an appliance is still felt even after taking over-the-counter pain relievers.

## CALL 911 IF:

- A serious accident occurs to the face or teeth or;
- A piece of the appliance is inhaled or prevents breathing.