

Dr. Gurza says:

LET'S CLEAN UP 'ROUND HERE. IT'S UP TO YOU!

ORTHODONTIC
HYGIENE



Keeping Your Smile Bright

A Lifetime of smiles

You know better than anyone that wearing braces takes a little effort. Let that work pay off. Good cleaning habits today will help your smile look great for a lifetime.

The best way to keep your teeth and braces clean is to brush and floss. It also helps to visit your dentist regularly for cleanings. Here are some BRACE PLACE TIPS:

- Carry a travel toothbrush and proxi-brush .
- Rinse after eating.
- Buy an electric toothbrush
- Use a fluoride rinse daily



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]

If you wear braces or other appliances, you need to give your teeth extra care. This means extra time .Food gets trapped around wires and especially between the bracket and gum margin. If not removed this **will cause permanent** stains and cavities. Check out these pictures:



If you clean your teeth carefully while wearing your braces, you can have bright, stain-free teeth and pink, healthy teeth



IF YOU DON'T keep your teeth and braces clean, you can get stains that **WON'T** come off. You can also develop cavities and gum disease.

How to Brush with braces

Brushing should take about 2 full minutes. Use the timer on the electric brush as a guide. Brush in the morning, after eating, and before bed.



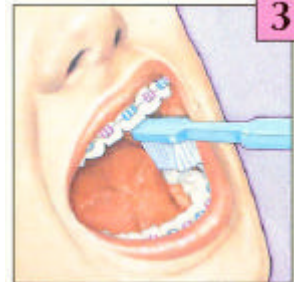
1

Brush the front and back of each of your front teeth. Hold the toothbrush at an angle and use slow circular motions. If using an electric brush, angle the rotating head between the bracket and gum line



2

Work the brush between the wires and brackets of your braces. Go slowly and try not to break the brackets off your teeth. Make sure you cover all sides of the brackets. Gently brush around the gum line and if you want, brush your tongue (for

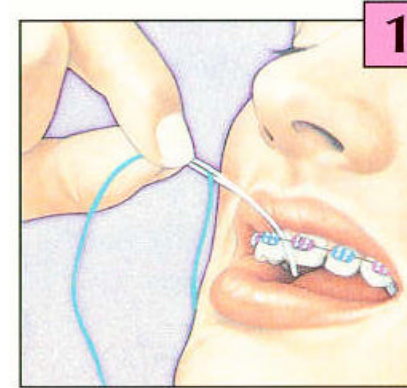


3

Brush the top and sides of each back tooth. Also use the proxi-brush and or floss between each tooth to remove plaque and food. You should brush for **AT LEAST 2** minutes. After brushing rinse with a mouthwash con-

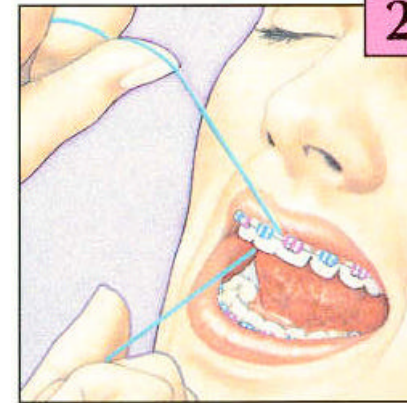
How to Floss with braces

Flossing daily helps get rid of bits of food between teeth that your brush can't reach. This helps keep your gums healthy and prevents tooth decay. Superfloss or use of a floss threader will help direct the floss under the wires.



1

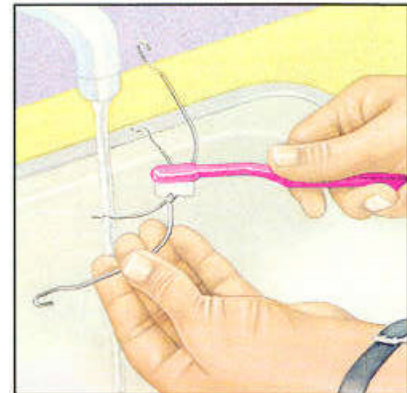
Put 1 Or 2 feet of floss into a floss threader. Tread the floss between your teeth and the wires of your braces. Remove the threader. Alternately, use superfloss instead of a floss threader.



2

Wrap the ends of the floss around your fingers. Pull to make a "V" shape. Rub the floss up to the gums and then down the sides of the teeth. Do this between each tooth. When cleaning a bonded retainer move the floss in and out rather than up and down and use extra

Your Removable Appliance



Brush and clean your appliance **EACH** time you brush your teeth. Use **ONLY** toothpaste and a soft brush to remove food and plaque. You can soak it in mouthwash or a denture cleaner for an hour each day to keep it fresh smelling. Return the appliance to your mouth after