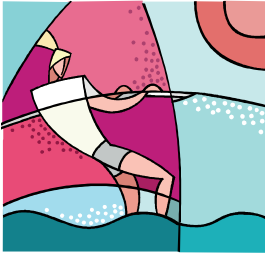


Summer Instructions

We would like all of our patients to enjoy their summer vacations to the fullest. When wearing braces, headgears or retainers, a few extra precautions are necessary to have a safe and trouble free vacation. Please refer to the information sheets you received on the wear and care of your appliances and re-read your Orthodontic Owners Manual so you can help yourself if a problem arises.

ABOVE ALL ...



HAVE A GREAT SUMMER !



DR. STEPHEN C. GURZA
ORTHODONTIST

THE BRACE PLACE®
Smiles corrected while

Finch-Midland: 307-4190 Finch Ave. E. 416-754-0640
Yonge-Eglinton: 210-2200 Yonge Street 416-489-1313
www.thebraceplace.ca

If you wear a headgear...

- Wear it ONLY indoors.
- Do not wear it while swimming.
- Take it to overnight camp but only wear it at rest time and sleep time AFTER the cabin lights go off and all horsing around ends.

If you wear a removable appliance such as Twin Block, biteplate, or retainer...

- Wear as much as possible.
- Do not wear while swimming.
- Take it to overnight camp and leave it safely in its container case when not in your mouth.

If you wear braces...

- Be a bit more careful with summer foods like corn on the cob.
- Don't forget your toothbrush and interdental proxi-brush
- Take extra wax for sharp wires.

If you wear elastic bands...

- Follow your normal instructions.
- Take enough elastics to last for your whole vacation.
- Remember to check your bite each day for over-correction as you have been instructed.

If a problem should occur...

- A broken or uncomfortable removable appliance should not be worn. Call us when you can to get it repaired.
- A loose band should be fixed as soon as possible. Stop wearing your headgear or elastic bands. Find a local orthodontist or dentist to re-cement or remove the band.
- A loose bracket is usually not a problem that requires immediate attention. Call us when you can. If you are in discomfort, find a local orthodontist or dentist to help.
- A poking wire or sharp metal part can usually be fixed by you or with an adult's help.



Can You Take Care of It ?

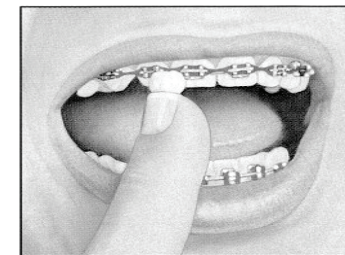
Before calling *The Brace Place* or *Dr. Gurza* with a problem, ask yourself: Is this an emergency? True emergencies are rare. Spend a few moments learning more about your appliances and how to solve small problems. Refer to your Braces Owner's Manual and the plastic Home Care Card you were given if you are wearing braces. This will help handle minor concerns on your own without having to place an emergency call. You may also visit our website for more info.

<http://www.thebraceplace.ca>

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 is sharp.
- 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 911 OR EMERGENCY NUMBER IF:

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