



1235 Trafalgar Road, Suite 104, Oakville, Ontario L6H 3P1
phone 905-845-8411 • fax 905.845.2418 • email drgwartz@oakvillebraces.com
www.oakvillebraces.com

BRUSHING

It is absolutely essential that you keep your teeth, gums, and braces spotlessly clean. If brushing is not adequate, permanent staining (eg. Brown or white spots) and cavities could develop. Keeping your braces clean is accomplished by brushing a minimum of **3 times per day** for 3 minutes and flossing once a day. Our office strongly encourages this to avoid the risk of developing unhealthy gums. If any of the following symptoms occur (redness, bleeding and swelling), please feel free to ask the clinical staff to review brushing techniques with you. When bleeding occurs while brushing, this is usually due to a plaque build up or improper brushing techniques. It is essential to continue brushing in a gentle circular motion along the gum line. Although we check your brushing at each appointment, it is still necessary to continue your regular 6 month check up with your family dentist.

If there is anything you are not sure of, do not hesitate to call our office. If you will give us your continuous co-operation during the months ahead, when the time comes to remove your braces, we will have a result of which we will all be proud.