

Orthodontic Trouble Shooting Guide

For FIXED Braces and Retainers

Orthodontic emergencies occur occasionally, we understand that it may be concerning, however they are often straight forward to address, here's what to do:

1. If there is a breakage without much discomfort, then please wait until your next appointment for a repair.
2. **If you are experiencing discomfort, here are some practical tips to help you manage your orthodontic problem until you can have it repaired.**

The priority is to provide comfort and relief. The repair to the brace can then be undertaken at the next adjustment appointment.

Irritation of Lips or Cheeks

Having a new brace can cause some irritation in the mouth, this is usually temporary. Using orthodontic dental wax will provide relief short term.



During treatment, adjustment will be made to your brace, areas may feel sharp or sore causing irritation. Placing a buffer between the metal and the cheek will provide a soothing barrier /relief, short-term. Orthodontic wax is classed as a buffer, and some other alternatives like dental silicone, beeswax and cheese wax can also be used.

Using Orthodontic Wax:

1. Before applying the wax, it's a good idea to dry the area on your braces first to help it stick better.
2. Take a small piece of wax and roll it into a ball. Then flatten it out and put it over the part of your braces that's causing irritation. Using less wax means it's less likely to come off while you're eating or talking, and it'll stay on longer.
3. To make the wax easier to work with, warm it up between your fingers.
4. If the irritation is over several teeth, you can flatten the wax into a thin strip and use it to cover them all.

Dealing with Wire Irritations:

In orthodontics, there are these small wires called ligatures that help keep the main wire in place. You'll usually find them near the front or sides of your braces. If one of these wires is poking you, you can use a cotton Q-tip or even the eraser end of a pencil to gently push it back into a comfier spot. This trick also works if any part of your braces is poking toward your tongue. Just a little nudge can make a big difference!



Occasionally, the end of the main arch-wire may protrude and cause discomfort, particularly towards the rear of the braces. In such cases, a practical solution involves applying a small amount of wax to cover the protruding end of the wire, thereby mitigating any potential irritation.



Where the wire is extremely irritating and as a last resort, you may clip the wire using a pair wire cutters or sharp nail clippers. (Make sure the item used is sterilized and cooled down prior to using.)

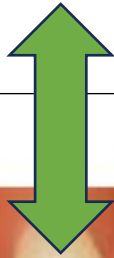
Loose Bracket

Loose brackets do not usually cause discomfort. Wax can be placed over the loose bracket if it is irritating. As a last resort loose bracket may be removed by removing the elastic from around the bracket using a toothpick, and then sliding the bracket off. If the loose bracket has rotated on the arch wire and it can be rotated back into a more comfortable position. If any brackets become loose and you are currently wearing elastics, please stop wearing all elastics until your next visit.



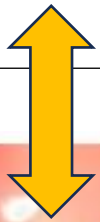
Power chains

If your power chain (either clear, grey or coloured (or if you have had it on for a while it will be a discoloured yellow)) comes off, you can remove the entire chain or simply cut what has come off.



Missing elastics/modules

These are the coloured or silver elastics that go around the brackets which holds the wire in place. If you notice any missing / have come off, you can wait until your next adjustment appointment. However, if multiple have come off and the wire is hanging or loose, please contact.



Loose Coil

Coils are placed between two brackets to open or hold space. Sometimes the coil can unwind itself, sticking out causing irritation to the lip/cheek. You can rewind it back on the arch wire or as a last resort unwind the rest of the coil off the arch wire – when doing this please contact to seek advice as you may also need to bring your next appointment forward.

Discomfort

It is normal for a patient to have discomfort for a few days after braces are fitted or adjusted. It can make eating uncomfortable, especially harder foods. This discomfort is both normal and temporary. If the patient is allowed to have over-the-counter pain relievers, then a regular dose of paracetamol would normally be effective. A soft diet is also recommended.

Mouth Ulcers

Mouth ulcers can sometimes be related to rubbing from the braces. In this case, orthodontic wax should be placed between the braces and the cheek or tongue. Ulcers can occur in areas of the mouth unrelated to the braces. Prompt relief may be achieved by applying a small amount of topical anaesthetic (such as Orajel or Bonjela) directly to the ulcerated surface. This should be reapplied as needed. Frequent warm salt-water mouth rinses are also very helpful.

Breakages of fixed retainers (i.e., wires bonded behind your teeth)

If your fixed retainer is loose but is still comfortable and you are currently wearing clear removable plates at night, you may continue to wear your removable retainer every night until we are able to repair your fixed retainer. If your fixed retainer is loose and the wire is causing some discomfort (e.g., poking wire), you may try to cut the wire with nail clippers or sharp nail scissors. If you are currently wearing removable retainer at night, you may continue to wear your removable retainer every night until we are able to repair your fixed retainer.

Please use the advice we have provide and contact us if there are any major issues or if you need further advice, help and assistants. Please contact us via email with an image of the issue so we can give correct advice.