

EXTRA CARE APPOINTMENTS

額外護理預約

WHAT DO YOU DO?

Extra care appointments may sometimes be required when the braces/appliances become loose and require repair. Most problems with your orthodontic appliances can be managed with the starter kit provided when the braces are first placed.

當牙套/矯正器鬆動或需要修復，您需要額外的預約。牙套/矯正器所出現的大部分問題都可以通過我們所提供的工具包進行暫時的處理。

Contact us 聯繫我們

If you notice any issues such as loose brackets and poking wires, please contact us to make an appointment to have them repaired or examined. If it is a popped out or poking wire, it could be a quick fix. However, with broken brackets, it will require a longer appointment. Therefore, these appointments are usually made in the morning, where slots are more readily available. **Specify how and what had happened over the phone and better if you could send us a photograph via email.**

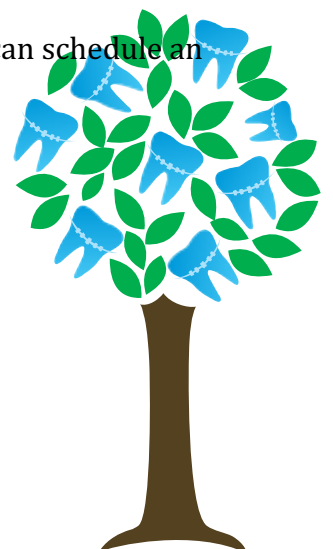
如果您發現任何問題，如托槽鬆動或鋼絲脫落，請聯繫我們預約時間進行修復或檢查。如果只是鋼絲脫落或鋼絲太長，這很快就能夠解決。但如果是牙套的托槽鬆動，我們則需要長一點的時間。這些緊急預約通常會被安排在早上，因為這些時間段更容易安排。請您提前打電話告訴我們情況是怎樣發生的，最好能拍照發郵件給我們。

Home remedies and Interim Care for Minor Orthodontic Issues

矯正治療中出現的輕微問題所需的家庭維護和臨時護理

You may be able to temporarily solve many problems at home until you can schedule an appointment with our office.

許多問題您可以在家進行暫時處理，直至您可以安排時間來我們診所。





Loose Appliance 矯正器鬆脫

If your appliance is poking or causing discomfort in your mouth, place wax on the part that is bothering you.

如果您所佩戴的矯正器有鬆脫或造成您的口腔有不舒服的狀況，可以在那些部位粘上口腔蠟。

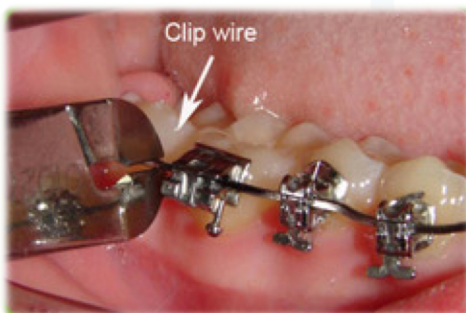
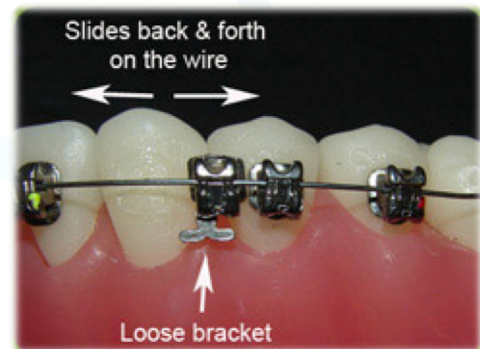
Loose Bracket 托槽鬆動

If your bracket is still attached to the wire, you should leave it in place and put wax on it.

如果鬆動的托槽仍然掛在鋼絲上，您應該讓它留在原處，可以用口腔蠟覆蓋在上面。

If the bracket is at the very end, you could remove the bracket to prevent ingestion. Use wax to secure the wire.

如果鬆動的托槽是在最末端，可以將之移出以防止誤吞。可用口腔蠟固定鋼絲。



Loose Wire 鋼絲鬆脫

Sometimes thin, flexible wire can come out from the back bracket. You can use tweezers to try to put the wire back into place. If doing this and using wax doesn't help, you can snip the wire behind the last tooth to which it is securely fastened carefully using scissors or a nail clipper.

有時候細軟的鋼絲會很容易從最後面的托槽彈出，你可以嘗試用鑷子把它推回原位。如果這樣做以及使用口腔蠟也無法幫助，您可以用剪刀或指甲鉗剪斷最後一顆牙齒後面突出的鋼絲。





Poking Wire 鋼絲突起

You can use a pencil eraser to push the poking wire down, or place wax on it to alleviate the discomfort. If wax is unavailable, you can use sugar free chewing gum.

您可以用鉛筆一頭的橡皮擦把突起的鋼絲往裏/下推回去。或者放置口腔蠟以減輕不適。如果沒有口腔蠟，您可以用無糖口香糖。

Use orthodontic wax in areas where the appliances are causing any discomfort (rubbing the cheeks). Ensure the area is dry, wax is slightly heated/warm and use an adequate amount of wax to cover the wire/bracket.

當矯正器引起任何口腔不適（如刮傷臉頰）均可使用口腔蠟。使用前，請確保該區域乾燥，稍微用溫度使口腔蠟軟化，並取出足夠的口腔蠟來覆蓋鋼絲/托槽。

After alleviating your discomfort, it is very important that you still call our office as soon as possible to schedule time for repairs. Allowing your appliance to remain damaged for an extended period of time may result in disruptions in your treatment plan, potentially lengthening your orthodontic treatment time.

在您減輕不適之後，很重要的一點是仍須儘快致電我們預約時間進行修復。如果長時間讓您的牙套或矯正器處於損壞狀態，可能會影響到您的治療計劃，從而延長您的治療時間。

Contact sports 接觸性運動

It is also important to note that taking proper care of your appliance and wearing a mouthguard during sports and physical activities is the best way to prevent minor (or major) orthodontic emergencies.

在進行體育運動和體育鍛鍊期間，正確保護您的矯正器是極其重要，佩戴護齒器是預防輕微（或嚴重）矯正緊急情況出現的最佳途徑。

While having braces, use boil and bite mouthguards only (as teeth will continue to move) and re-heat and re-mould regularly.

當戴上牙套後，護齒器只能選用加熱後可重新塑形的類型（因為牙齒在矯正過程中會不停移動），並定期重新加熱塑形。

DO NOT force the mouthguard to sit over the teeth and braces.

請勿強行的將護齒器套在牙齒和牙套上。

