

## EXTRA CARE APPOINTMENTS

### *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.

#### Contact us

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.**

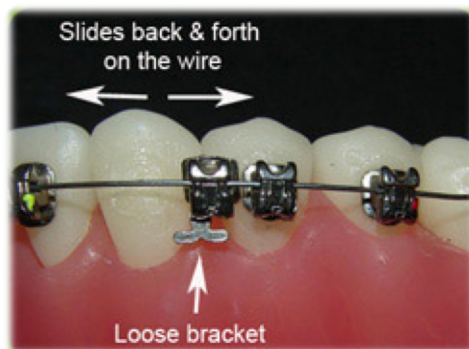
#### Home remedies and Interim Care for Minor Orthodontic Issues

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



#### Loose Appliance

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

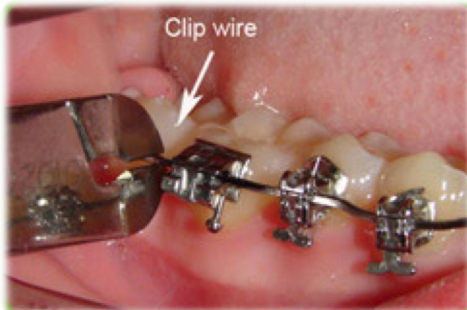


#### Loose Bracket

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

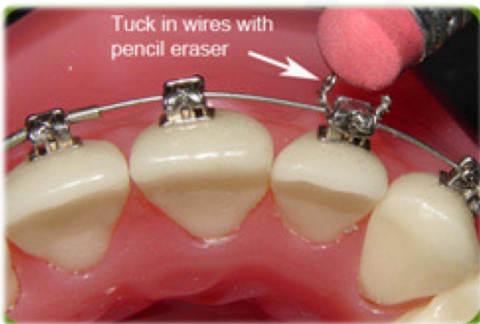
If the bracket is at the very end, you could remove the bracket to prevent ingestion. Use wax to secure the wire.





### Loose Wire

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 nailclipper.



### Poking Wire

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.

**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.**

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.

### Contact sports

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.

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

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

