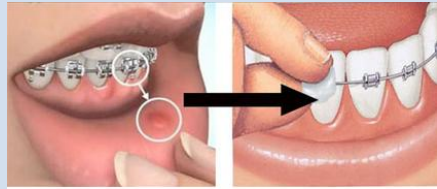


# WHEN CALLING IN AN EMERGENCY

Here is a list of things that can happen during orthodontic treatment. 😊

## Appliance

### General Oral Health



## Emergency

### Ulcers

By having braces or a new appliance, ulcers may appear due to irritation by rubbing on the inside of the lip.

## What to do?

Unfortunately there is no instant remedy for ulcers. We recommend that you use orthodontic wax and allow time for your lips to adjust to the new appliances. By rinsing with salty water you can help the ulcer heal faster and prevent any infections. If you swallow the wax by accident, do not worry as the wax is non-toxic and will pass right through.

### Puffy/Red and Bleeding Gums

Inflammation of the gums occurs due to inadequate brushing and the buildup of plaque underneath and around the gums

The best way to deal with puffy, red and bleeding gums is to improve your brushing. Concentrate on the areas that need attention and remember to always sweep away from the gums to prevent the plaque from building up. The inter-dental brushes also enable you to reach into the small spaces that your normal tooth brush cannot reach. Over a few days of good brushing your gums will begin to settle and appear normal with less bleeding.



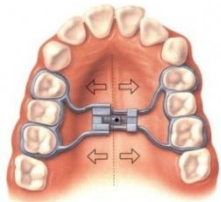
### Wobbly Teeth

Wobbly Teeth is a sensation that many new braces patients can experience. As the teeth are moving due to the braces.

The sensation of 'wobbly teeth' will subside a few days or a week after the adjustment of the braces. After the wire has moved the teeth, the teeth will begin to settle and during the settling process the wobbly sensation will subside. This is completely normal and there are no issues with wobbly teeth in relation to the braces.



### Orthodontic Appliances



### Rapid Palatal Expander – Unable to turn

**IF UNABLE TO RESOLVE PLEASE CALL RECEPTION TO BOOK AN APPOINTMENT**

The expander may have;

1. Accidentally become unwound by incorrect removal of expander key
2. Incomplete turning of the expander
3. Obstruction of the expander hole by food etc.

The mechanics of the expander can result in a few methods to resolve the issue of not being able to turn the expander;

1. Try to complete the previous turn by feeding the key into the previous hole and completely turning the expander till the new hole appears
2. Cleaning of the expander by brushing the expander hole to remove any debris

### Long Wires

As the teeth begin to move and become straighter, the wire at the back of the braces can become long and start to poke into the cheeks or gums

The best thing to do is to call up the practice and schedule for a quick wire poking emergency appointment with the Oral Health Therapist.

However, if you are unable to come in ASAP to have the wire trimmed, then using wax to prevent the wire from poking is the next best option until you are able to come in for your emergency wire poking appointment.



### Wire Out

In the early stages of orthodontic treatment, very light wires are used to tease the teeth into a good position and as a result they can be pulled out of the braces and end up as a wire out

The best thing to do is to call up the practice and schedule for a quick wire out emergency appointment with the Oral Health Therapist.

However, if you have your original appointment coming up and the wire is not bothering you then please leave it till the next appointment where the Oral Health Therapist/Orthodontist will do the following adjustment



### Broken Bracket

Sometimes, accidents can happen and as a result of biting into hard foods the bracket can be levered off the tooth and become no longer attached

It is important you make the receptionist aware that you have a broken bracket to ensure that enough time is available to repair it. If you have an appointment coming up and intend to have it fixed at that appointment please call to let us know so we can allocate an appropriate amount of time.

Please avoid walking in and always book an appointment to have a broken bracket repaired.





**Snapped or Broken Module**

As your treatment goes along, the modules that help hold the wires in place and pull the teeth together can become worn out and snap or fall off

It is not an urgent issue and can be addressed at your next scheduled appointment.

However, if you feel as though the modules have become stained and do not look appealing, you are more than welcome to call and book an appointment with the Oral Health Therapist to have them changed.



**Lingual Arch**

If the wire has snapped or the lingual arch has become loose, it is important to repair or reinsert the lingual arch as soon as possible

Please give us a call as soon as possible to book an appointment to have the orthodontist to review the lingual arch. We will either send the lingual arch in for a repair at the lab or reinsert the lingual arch.

It is important for the lingual arch to be repaired/reinserted as soon as possible to maintain holding any spaces.



**Twin Block/Activator**

The twin block/activator can become ill-fitting from lack of wear or the wires that hold the appliance in place can be distorted and cause slight pain when trying to wear. The appliance can fall out during sleep time as well.

Please give us a call as soon as possible to book an appointment to have the orthodontist review the twin block/activator. We will either send the appliance in for repair at the lab or the orthodontist will make an adjustment for the appliance to fit again.

It is important for the appliance to be worn as much as instructed to continue any first phase of orthodontic treatment.

**Retainers**



**Clear Retainers**

The clear retainer and snap or break after incorrect removal or wear and tear.

Please bring in your clear retainers for the orthodontist to check and if required then new molds may be taken to have a new retainer made to replace the old one.

If you lose your retainers then please call us immediately to have them replaced.

There is a fee for retainer replacement.



**Hawley Retainers**

The Hawley retainer can snap at the plastic or the wire. The Hawley retainer can also become ill-fitting after poor wear or overall distortion from improper removal.

Please bring in your Hawley retainers to for the orthodontist to check and if required new molds may be taken to have a new retainer made or to send them into repair at the lab.

If you lose your retainers then please call us immediately to have them replaced.

There is a fee for retainer replacement.



**Fixed Wires**

The fixed wire can become loose and no longer attached to the tooth. The fixed wire can also fall out.

Please give us a call as soon as possible to book an appointment to have the Oral Health Therapist repair the fixed wire.

It is important to allow for enough time for the repair so booking in advance is highly recommended.