

Braces Emergencies

Orthodontic emergencies may occur occasionally. However, they are simple to manage.

COMMON EMERGENCY	MANAGEMENT
Poking wire	Gently push the wire so it is flat against the tooth. If it cannot be moved into a comfortable position, please call us to make an emergency appointment. Relief wax may be necessary in the mean time to provide comfort to the irritated area.
Loose springs, bracket, wire or bands	Call to make an emergency appointment. Keep the bracket/wire/ band and bring to your appointment.
Pain after getting braces	It is normal for a patient to have discomfort for a day or two after the braces are fitted or adjusted. Reassure the patient that discomfort is both normal and temporary. Encourage soft foods. If the patient is allowed to have over the counter pain relief this can be effective.
Discomfort while eating	Sometimes new braces can be irritating, especially when eating. A small amount of relief wax can be a great buffer between the appliances and the mouth. Roll some wax into a small ball and place it completely over the area of the braces causing irritation. Wax is harmless if ingested.
Broken/bent wire	Contact us immediately to make an emergency appointment.
Food caught between teeth	This is not an emergency, but can be a little uncomfortable or embarrassing. It is easily removed with an interdental brush (pikster).
Mouth sores	Some patients are susceptible to episodes of mouth sores. While the braces do not cause them, they may be precipitated by an irritation from the braces. One or several areas of ulceration of the cheeks, lips or tongue may appear. This is not emergency, but may be very uncomfortable for the patient. Prompt relief may be achieved by applying a small amount of topical anaesthetic (such as Orabase, Difflam Ora-Gel) directly to the ulcerated surface using a cotton swab. Reapply as needed. Warm Saline.
Broken fixed retainers	Contact us immediately to make an emergency appointment