Clear Aligner Emergencies

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

COMMON EMERGENCY	MANAGEMENT
Pain after getting aligners or when changing aligners	It is normal for a patient to have discomfort for a day or two after starting aligner treatment or when changing aligners. Discomfort is both normal and temporary. Soft foods are encouraged and over-the-counter pain relievers may be effective.
Attachment came off tooth	Continue to wear your aligners. Contact us immediately to make an emergency appointment. Bring your aligners with you.
Sharp edges on aligner	Contact us immediately to make an appointment. Bring your aligners with you.
Aligner not fitting	Contact us immediately to make an appointment. Bring your aligners with you.
Aligner broken	Place the broken aligner in its bag and bring it to your next appointment. Replace the broken aligner with the next aligner that is due to be worn and continue wearing the aligner that is not broken. This will mean that the aligner that replaced the broken one will be worn for longer. Refer to the example below: If the upper number 4 aligner has broken, replace it with upper number 5 aligner but continue to wear the lower number 4 aligner. When the time comes to replace the lower number 4 aligner, replace it with the lower number 5 aligner and continue to wear the upper number 5 aligner.
Broken fixed retainer or removeable retainer	Contact us immediately to make an appointment. Bring your retainers with you.
Mouth sores	Some patients are susceptible to episodes of mouth sores. While the aligners do not cause them, they may be precipitated by an irritation from the aligners. 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 rinses daily can be helpful.