

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

COMMON EMERGENCY	MANAGEMENT
Discomfort after having the plate fitted or while eating	It is normal for a patient to have discomfort for a day or two after having a plate fitted. This the discomfort is both normal and temporary. Encourage soft foods. If the patient is allowed to have over-the-counter pain relievers, these may be effective.
Food caught in plate	This is not an emergency, but can be a little uncomfortable or embarrassing. It is easily removed with an interdental brush (pikster).
Plate loose	Contact us immediately to make an emergency appointment.
Mouth sores	Some patients are susceptible to episodes of mouth sores. While the plate does not cause them, they may be precipitated by an irritation from the plate. 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.