

## TROUBLESHOOTING BRACES

### General soreness or toothache?

This is normal in the first few days after adjusting or fitting your brace. Don't get discouraged, this is temporary! In a few days your mouth will get used to the new hardware. Take **Paracetamol painkillers** (unless otherwise contra-indicated). **Warm salt water rinses** will also help with the discomfort as well as help keep your mouth clean. Stick to a **soft diet for a few days**. Modern orthodontic wires are powered by the warm temperature in the mouth, so a **cold drink** helps ease the discomfort, so maybe treat yourself to an ice cream or cold smoothie! After a few days the discomfort will disappear.

### Irritated lips, cheeks or tongue?

A small amount of orthodontic wax can be used to cover the irritating bits of the brace. Pinch off some wax about the size of a small pea, roll the wax into a ball with your fingers, dry the area of the brace with a cotton bud and carefully place the ball of wax against the sharp edge(s) in your mouth. Push it firmly into place until it adheres to your braces. Smooth the wax with your fingers until it makes the sharp edge disappear. This may need to be replaced every few hours. Avoid hot drinks as this will melt the wax. If the wax is accidentally ingested, it is not a problem as it is harmless. Eventually, your mouth will get used to the braces and you will not have to use orthodontic wax.

**Wax is not working for you?** No worries, try other products available at Premier Orthodontics: **Comfort Cover** or **GishyGoo!**

### Sore mouth or ulcer?

Do not worry, they normally disappear in a few days. To reduce discomfort: 1) apply a **small amount of ulcer cream or topical anaesthetic (such as Ortho-care oral relief gel)** directly to the ulcerated surface using a cotton bud. Re-apply this when needed or as directed by the instructions on the product. 2) **Cover the sharp part of the brace with relief wax or any similar product** to reduce irritation. 3) **Warm salt water rinses** will prevent any infections and help keep your mouth clean. 4) **Avoid spicy and very hot foods and drinks**. 5) Take **Paracetamol painkillers** if needed (unless otherwise contra-indicated).

### Poking wire?

Use a cotton bud or a clean pencil eraser to push the poking wire so that it is flat against the tooth, or place wax (or alternative products) on it to alleviate the discomfort.

If doing all this doesn't help, **as a very last resort** use a clean small fingernail clipper to clip the wire behind the last tooth to which it is securely fastened. **This will damage the wire so avoid cutting it unless you are in extreme pain**, which is very rare. To reduce the possibility of swallowing the snipped piece of wire, use a folded tissue or gauze around the area. Relief wax may still be necessary to provide comfort to the irritated area.

**Call us to arrange a short comfort appointment** and we will adjust the wire for you.

### Loose wire

If a wire comes out of the back tube, attempt carefully to reinsert the wire back into the metal tube with a pair of clean tweezers. If the wire cannot be moved into a comfortable position, cover it with wax (or alternative products) to alleviate the discomfort.

**Call us to arrange a short comfort appointment** and we will adjust it for you.

### Wire too long on one side?

The wire has probably shifted to one side. Attempt carefully to shift the wire back to the other side into a comfortable position with a pair of clean tweezers (it does not need to go perfectly into the back tube, as long as it is comfortable and not poking into your cheek).

If the wire cannot be moved into a comfortable position, cover it with wax (or alternative products) to alleviate the discomfort.

**Call us to arrange a short comfort appointment** and we will adjust it for you.

### Wire ligature or coil sticking out?

Use a cotton bud or a clean pencil eraser to push the poking wire or twist the coil so that the sharp edge is hidden from the lip / cheek and tucked in between the teeth, or place wax (or alternative products) on it to alleviate the discomfort.

If doing this and using wax doesn't help, as a very last resort use a clean small fingernail clipper to clip the sharp bit. This will damage it so avoid it unless you are in extreme pain!

**Call us to arrange a short comfort appointment** and we will adjust it for you.

### Elastic ligature came off?

You may be able to put it back in place using a clean pair of tweezers. If not, call us to arrange a short comfort appointment.

### Loose bracket?

We use only the best materials and glues for your brace; however they are not meant to be glued permanently to your teeth, such as a crown for example, as we need to remove them eventually at the end of your treatment. They can therefore come off, especially if you eat something hard, sticky, crunchy or chewy or other strong pressure is applied to them. In line with clinical research, most braces never break or break accidentally once or twice, therefore, we have allowed for 2 breakages to be included as part of your treatment journey. Further breakages will be charged. If your bracket or band is still attached to the wire, you should leave it in place and put wax on it (Do not attempt to remove it as this may break the brace further). If the bracket or wire comes out entirely, wrap it with a tissue and keep in a safe place. **In all cases, contact us to make an appointment. If your next appointment is near, you still need to call us so we can add the appropriate time to repair it.**

### Gaps opening between the teeth?

At certain stages of your treatment, wires will be used to straighten the roots of the teeth, this sometimes opens gaps between your teeth. No panic! This is perfectly normal and you can rest assured that any gaps that your orthodontist opened during the treatment, will close soon at the next stage.

### Loose teeth?

It is very common for teeth undergoing orthodontic treatment to feel slightly 'loose' & 'wobbly'- no need to worry. The teeth have to 'loosen' to move throughout orthodontic treatment. The teeth will eventually tighten back up in their new positions.

### Food caught between the teeth?

Food stuck between your teeth or brace can be uncomfortable. Use an inter-proximal or inter-dental brush, along with dental floss and mouth wash to dislodge the food stuck between the teeth and the braces. Premier Orthodontics has a complete selection of products to clean braces efficiently.

### Did not find the answer or want to talk to us?

Please call **0208 460 6464** and we will answer your query or give you an appointment.

### Are we closed and this cannot wait (Sundays/ Bank holidays/ outside working hours)?

Contact your dentist directly or the dental department at your local hospital, they will be able to deal with the emergency. But make sure to call us as soon as you can to arrange an appointment.