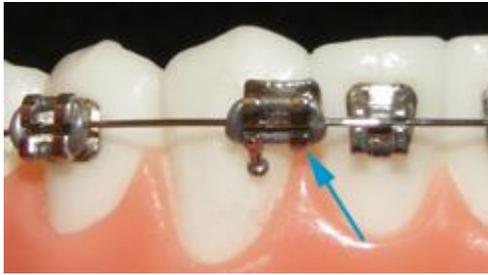




# Home Care and Comfort Tips

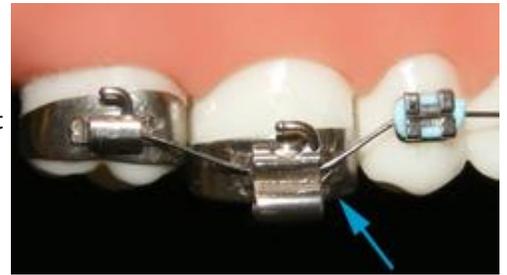


## **Loose or Broken Bracket**

You may discover that you have loose or broken braces. This is usually caused by playing with your braces or eating hard or sticky foods. This is generally not an emergency unless it is associated with pain or discomfort. If the bracket is attached to the wire, leave it in place and cover it with wax as needed for comfort. If the bracket comes out completely, you can throw it away. Avoid connecting elastics or a headgear appliance to any loose brackets. Call the office to extend time around your current appointment or reschedule if needed. Be careful not to break too many brackets during your orthodontic treatment because this can affect your treatment time.

## **Loose Band**

Eating hard or sticky foods or playing with your braces can loosen a band. This is generally not an emergency unless it is associated with pain or discomfort. Avoid connecting elastics to any loose bands. If the band is still attached to the wire, it will usually wobble slightly. You can call the office to see if you need a special appointment to have the band recemented or if it can be done at your regularly scheduled appointment time. If the band comes off your tooth, the space needed to recement the band may close in a few days so call our office to schedule an appointment to have the band recemented. Remember to bring the band with you to your appointment.



## **Long/Poking Wire**

Sometimes as your teeth shift, the ends of the wire will start poking out the back of the molar tubes and begin irritating the cheeks. This problem may be resolved by moving the wire away from the irritated area using a cotton swab or pencil eraser. If the wire does not move, cover it with a small pea-sized amount of wax or cotton. You may also try cutting the wire with nail clippers or wire cutting pliers from the craft store that have been washed and sterilized in alcohol. Call the office for an appointment if you cannot resolve the problem.

## **Sores in the Mouth**

During the first week of treatment, you may notice sores or ulcerations inside your mouth. This can happen because your lips and cheeks are not yet used to rubbing against your braces. Over time, your skin on the inside of your mouth will get tougher and you will not have sores anymore. To provide some relief for your lips and cheeks rubbing against your rough braces, you can place a small pea-sized amount of wax or cotton on the area of the braces that is causing the sore or ulceration. Also make sure to use mouthwash every day and practice keeping the mouth very clean. The sore should improve within a couple of days and completely heal within a week. If the sore or ulceration does not improve or gets worse, call our office to have it examined.



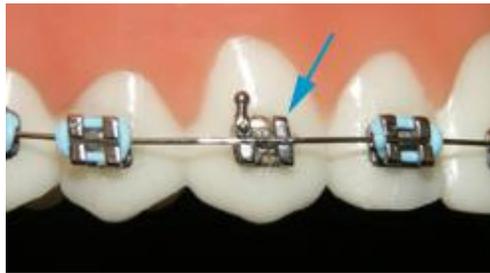
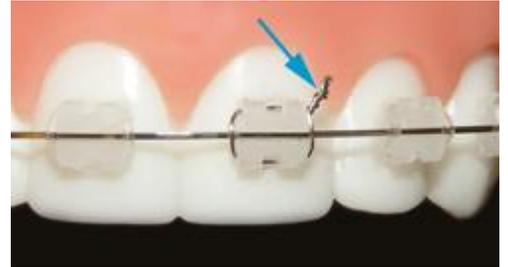


### Wire Out of Tube

During treatment, flexible wires may slip out of the bracket slots of the back teeth. This may be avoided by eating the appropriate foods. If the wire comes out of the tube, try placing the wire back in the tube using tweezers. If you can't get it in there, clip the wire with toe nail clippers or wire cutting pliers from the craft store and call the office to extend your current scheduled appointment.

### Poking Steel Tie

Occasionally, steel wires are used to tie the archwire to the brackets or bands. Sometimes during eating or brushing, this metal wire tie can accidentally be redirected and start to cause irritation to your lips or cheeks. You can try to push the poky wire back into place by using the end of a pencil eraser. If that is not possible, you can place wax on the area causing the irritation until you can be seen to have it fixed.



### Lost O-Tie

If an elastic tie falls off, call our office. Often, you can wait until your next appointment to have it replaced. Other times, we will schedule to see you for a quick visit to put the elastic tie back on.

### Soreness or Discomfort

Teeth may become sore or achy following an orthodontic activation appointment. Usually the teeth are most sore during the first 24-72 hours. After 72 hours, the teeth usually start feeling better. Maintain a soft food diet as needed. Often chewing sugarless gum helps work this soreness out. If necessary, take the pain reliever you would use for a headache. If gums become puffy or swollen and begin to bleed, this is a sign that proper brushing is not being achieved. Using a warm salt water rinse or Listerine Total Care will help to reduce the discomfort and swelling. Gentle brushing of the gums with a toothbrush will also stimulate healing.

**Our office operates on a scheduled appointment basis. If you feel that you cannot resolve the issue yourself, please call the office for an appointment. For the courtesy of others, we ask that all patients arrive 10 minutes prior to their scheduled appointment time. Out of respect for other patients, any patient arriving late to their appointment may be asked to reschedule so that other patient's appointments are not delayed.**



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