

Mouth Sores



Some patients are susceptible to **episodes of mouth sores**. While **braces do not cause mouth sores**, they may be precipitated or exacerbated by an **irritation** from braces. One or several areas of ulceration of the cheeks, lips or tongue may appear. **This is not an emergency**, but may be very uncomfortable for the patient. Prompt relief may be achieved by applying a small amount of topical anesthetic (Such as an **ulcer relief gel**) directly to the ulcerated surface using a cotton bud. Re-apply as needed.

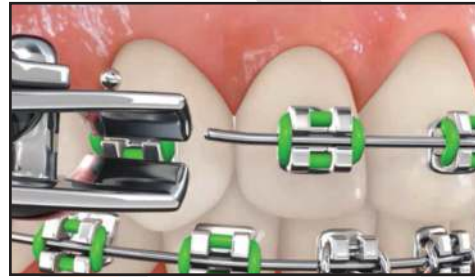
Irritation of Lips or Cheeks



Sometimes new braces can be irritating to the mouth, especially when the patient is eating. A small amount of **non-medical relief wax or silicone** makes an excellent buffer **between metal & mouth**. Simply pinch off a small piece of orthodontic wax and roll it into a ball size of a small pea. Flatten the ball and place it completely over the area of the braces causing irritation. The patient may then eat more comfortably. **It is not a problem if the wax is accidentally ingested. The wax is harmless.** Always remove wax when brushing teeth though as to clean properly everywhere.

If you are very prone to getting irritation, please enquire about our **Emergency Kit** which has products in to relieve your pain & discomfort.

Protruding wires



Occasionally, the end of a wire will work itself out of place and irritate the patient's mouth. If it cannot be moved into a comfortable position, **cover it with relief wax**. Please contact our practice to make us aware of the problem. In a situation where the wire is extremely bothersome and the patient will not be able to see the orthodontist anytime soon, you may, **clip the wire using a nail clipper**.

Piece of Appliance is swallowed

This is rare, but when it does happen, it can be fairly alarming to the patient. **Always remain calm**. If you are concerned, you may contact the practice. **It will not cause harm if your breathing or swallowing is not affected.**

EMERGENCY KIT



Our **EMERGENCY KIT** has products to help you in time of discomfort!!! Please enquire with our clinical or admin team for contents and instructions!

E&OE. Selected products have been styled for photography



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How to handle Emergencies

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Orthodontic Terminology/Anatomy:

ARCHWIRES

apply force to move the teeth.

BRACKETS

are bonded to the teeth. They have slots that hold the archwires.

LIGATURES

are small ties or rings made of wire or elastic. They fasten the archwires to the brackets.

BANDS

are metal rings that wrap around the back teeth. They anchor the wires that move the teeth.

ELASTICS

are rubber bands that hook on braces to move the teeth and jaws.

Sore Teeth



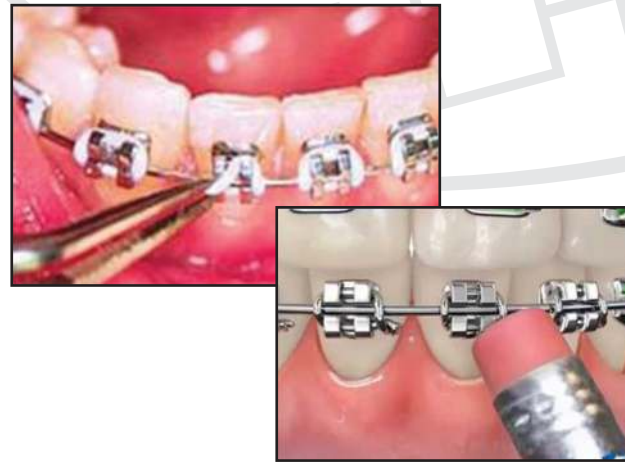
It is normal to experience some discomfort for 3-5 days following appointments. Using **warm saltwater rinses** frequently and taking **pain medication** (that you would for a headache) will help ease the discomfort!

Food caught between teeth



This is not an emergency, but can be **uncomfortable** & **embarrassing**. It is easily fixed with a piece of dental **floss** or a floss stick.

Ligature / Rubber Elastic Come Off



If a **rubber elastic comes off**, it can wait until your next appointment, as this is not something that urgently needs to be fixed. You may be able to put it back in place with a **sterile tweezer**. If a **wire ligature** comes loose, simply **remove it** with a sterile tweezer. If the ligature wire is sticking out, **but not loose** – it may be bent down under the wire with the **back of a pencil** (with eraser) to eliminate irritation.

Missing or broken ligatures should be brought to the attention of the parent's – who will then inform our practice. **It is important to us that you are comfortable!**

Discomfort

It is normal for a patient to have discomfort for **a day or two after braces or retainers are adjusted**. It can also be uncomfortable whilst eating. This discomfort is completely **NORMAL**, but also **TEMPORARY!** We encourage soft food during this time.



Loose Brackets, Wires or Bands

If the braces have **come loose** in any way, you should always call our practice immediately to determine the next steps! It is better to always inform us, as sometimes it needs to be repaired sooner than regular appointments and we might also require extra time with you. Prevention is better than cure so always please make sure that you **wear a mouthguard during sports** and that **you avoid eating hard and sticky food**.

