

Mouth Sores



Some patients are inclined to episodes of mouth sores. While braces do not cause mouth sores, they may be triggered or aggravated 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 Aloclair ulcer gel) directly to the ulcerated surface using a cotton bud. Re-apply as needed.



Available in our
Emergency Kit!

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 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 contains Gishy Goo. This is a silicone base that works the same as the wax, it just lasts much longer and provides more comfort for the patient.



Protruding wires



Nail clippers can be used to clip broken archwires that are poking out if wax cannot ease your discomfort.



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 or gishy goo. 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 sterile 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.

Please enquire at reception about our EMERGENCY KIT, it contains an Intraoral mirror, Aloclair gel (sample), Wax and Gishy Goo to assist you during an Orthodontic Emergency.

EMERGENCY KIT



Available at
reception

Your comfort is important to us! Please contact us if you are unsure about anything or if you have any queries!!!



PretoriaSmile

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How to handle

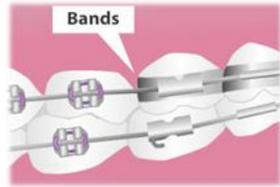
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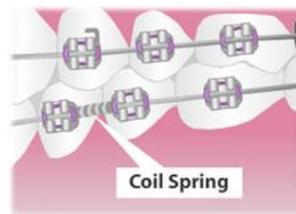
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Orthodontic Terminology / Anatomy:



Bands

Orthodontic **bands** are rings that fit around the back teeth or molars. Bands are cemented to the teeth with specific dental cement.



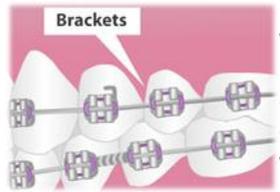
Coil Spring

Coil springs are sometimes placed between two teeth brackets when the teeth are too close together. The spiral is positioned over the arch wire, and exerts pressure for teeth adjustment that will separate the teeth and open up space.

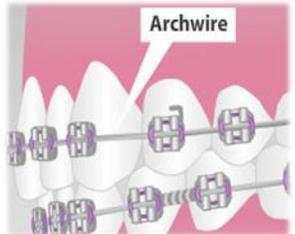


but not loose – it may be bent down under the wire with the back of a pencil (with eraser) to eliminate irritation.

Brackets

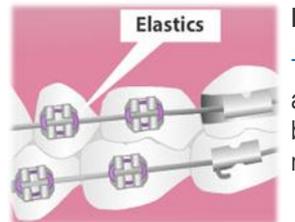


The small, square-shaped piece, which is fixed to the tooth surface. **Brackets** are available in different compositions, including metal, and ceramic. Each bracket has a slot that will hold and support the arch wire. Some brackets have hooks which are used for attaching rubber bands.



Arch Wire

Arch wires are made of metal and go into your bracket. The archwire is a single continuous structure, which is removable and changeable by Dr as treatment progresses



Elastics

Tiny rubber bands that attach the arch wire to the brackets. These can be clear, or silver, and also come in a multitude of colors.



Ligature Wires

Tiny wires used to keep the archwire in the bracket. Does exactly the same as the tiny rubber elastics – it's just a different material. You may also have a ligature and an elastic all on one bracket!

Emergency Treatments:

Food Caught Between Teeth



This is not an emergency, but can be uncomfortable & embarrassing. It is easily fixed with a piece of dental floss. Try making a small knot in the middle of the floss to help remove the food. You can also use an interdental brush or toothpick to dislodge food caught between teeth and braces.

Ligature / Rubber Elastics Come Off



If a rubber elastic comes off, 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,

Discomfort

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!

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. You can also rinse your mouth with luke-warm salt water, and use any pain-killer like Panado or Disprin that you would usually take for a headache.

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 step! 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.

