

How to Handle Orthodontic Emergencies at Home

1. Mouth sores *



Some patients just seem to be more susceptible than others to getting mouth sores during orthodontic treatment, and any irritation from braces can exacerbate them. If you're prone to ulcers on your cheeks, lips, tongue, or gums while wearing braces, you can get some relief by swabbing a small amount of topical anaesthetic like Mucopain directly to the sore with a help of cotton swab.

2. Loose or broken brackets, bands, or wires *



If a band or bracket is broken but still attached to the wire, try to leave it alone until you can be seen. Do not connect any elastics to it. If this begins to irritate the inside of your mouth, you can cover that part with orthodontic relief wax. If a piece has actually broken off, please place it in a bag and take it for your next orthodontic appointment.

3. Poking Arch wire *



When teeth move during braces treatment it can cause the arch wire that connects to move as well, which may result in it poking near the back of your mouth. In such a situation you can relieve it easily by moving the wire into a better spot using sterile tweezer or clipping it with a nail cutter

4. Misplaced Tie *



If your ties are misplaced, they can often be manipulated back into place by gently using a pair of clean tweezers or the eraser end of a pencil.

5. Food Caught Between Teeth and Braces *



This is not an emergency, but can be a little uncomfortable or embarrassing for the braces wearing patient. You use an interproximal brush or Waterpik to dislodge food caught between teeth and braces.

6. Tooth pain or loose teeth *



Salt water rinses are a tried and true home remedy that can really help relieve soreness. Simply mix one teaspoon of salt in 8 ounces of warm water, then swish it around your mouth for about 30 seconds. Take a paracetamol to relieve the pain.

7. Poking Edges of Aligners *



Despite the excellent fitting and finish of your aligners, they may occasionally have sharp edges that could bite into your gums. If you feel an aligner is biting your gum, remove it immediately and try to locate the irritating edge, then smooth it out with a fine sandpaper.

*Please call/inform your Orthodontist before attempting any of these home remedies