



## **DIY INSTRUCTIONS FOR ORTHODONTIC TREATMENT**

***Irritation of your lips or cheeks*** – apply wax to the area causing the irritation. Follow the instructions on the package. If you don't have wax or run out, sugarless gum works well. If any sores develop, go to a local drug store and buy topical anesthetics like Orabase or Orajel to temporarily numb the area till you return and we can fix the problem.

***Poking or protruding wire*** – Occasionally, the arch wire extends in the back or may come right out of the bracket when chewing gum, hard candy, and sticky foods. Use a pencil eraser or something soft to push the wire flat against your teeth. Add wax or sugarless gum to the end of the wire if needed to prevent irritation. If the main wire breaks, you can clip the wire with a pair of nail clippers, flush to the next anchored bracket – just remember to disinfect the clippers or wire cutters first with rubbing alcohol, if handy, or use the flame on a lighter to kill the germs. Once the wire is clipped, make sure to avoid swallowing the clipped piece of wire.

***Loose band***– If a band around one of your back teeth comes loose, don't worry about it unless it is causing problems while your eat. Worst-case scenario, clip the main wire with nail clippers flush to the next bracket and remove the loose band. Apply wax or sugarless gum if needed to avoid irritation from the cut wire. We can repair when you return.

***Loose bracket*** – Hard foods are the main cause of loose brackets. During the summer, we all tend to be more lax with our normal routines. However, out of town is not the time to take a chance breaking a bracket by not following the restricted diet. If a bracket does come loose from a tooth, remove the bracket with a pair of disinfected tweezers if you can and continue on your merry way. Don't forget to contact us when you return so we can schedule an appt to replace the bracket. It is difficult to repair an emergency during your regular appointment when there isn't sufficient time scheduled to repair.

***Loose ligature wire or elastic*** – If a small elastic ligature (the piece that attaches the archwire to the bracket) comes partially or all the way off your braces, use a pair of disinfected tweezers to put it back into place. If a ligature is lost, don't worry about it. Call us when you return.

**True emergencies**

You can also reach

Dr. Sandman at 908.420.8585 or

Dr. Feibish at 215.206.1938.

A local emergency room is always a last resort.