

## **Orthodontic Emergencies Troubleshooting**

1. **Lost spacer (or separator):** take two pieces of dental floss and insert them through the spacer. Then pull on both pieces of floss to stretch the spacer and slide the spacer back and forth between the two teeth where it belongs. When the bottom half of the spacer slips under the tight spot between the teeth. Release and remove the floss and the spacer should now be back on place.
2. **Loose bracket or band:** If the bracket or band is still attached to the wire leave it in place. If it is uncomfortable you can cover it over with wax. Call the office to let us know that you may need extra time at your next appointment. If the loose or broken appliance can be removed easily, take it out. Always keep any band, bracket, wire, or any other orthodontic device that comes loose and is removed from the mouth.
3. **Wire out of molar tube:** Try to put the wire back into the tube on the molar. Tweezers may help. If you are uncomfortable place wax over the area and call for an emergency appointment.
4. **Wire shifted or rotated:** Try to slide the wire back around to the other side with a pencil eraser. If it still sticks out of the tube on the molar then put wax on it and call the office for an emergency appointment.
5. **Lost tie or A1(little colored or grey elastic):** No problem here. Just notify the assistant at your next appointment.
6. **Wire poking:** Try placing a piece of wax or sugarless chewing gum over it. Some wire ends can be tucked out of the way with a pencil eraser or other smooth object. Call the office the next day and explain what happened. We will make further arrangements if necessary.
7. **Traumatic injury** involving the lips, teeth, or gums: please contact our office immediately. If you have broken any part of a tooth, you'll also need to contact your family dentist. If you suspect that your jaw has been injured or notice that your teeth have been moved by the accident, you may also need to be seen by an oral surgeon.
8. **Lost or broken retainers:** Call the office to schedule an appointment.
9. **Swallowing a piece of your appliance:** Try to remain calm. A swallowed piece will usually go either into the stomach or the lungs. Most of the time it will go into the stomach and pass out of the body in a bowel movement. However, if difficulty breathing is experienced, you should seek immediate medical attention. X-rays will be taken to determine the position of the swallowed piece and your physicians will counsel you on your options concerning retrieval of the stray piece.
10. **Soreness from braces:** Rinse with warm salt water (1 tsp salt dissolved in a glass of warm water). If necessary, take the pain reliever that you would use for a headache or similar discomfort.