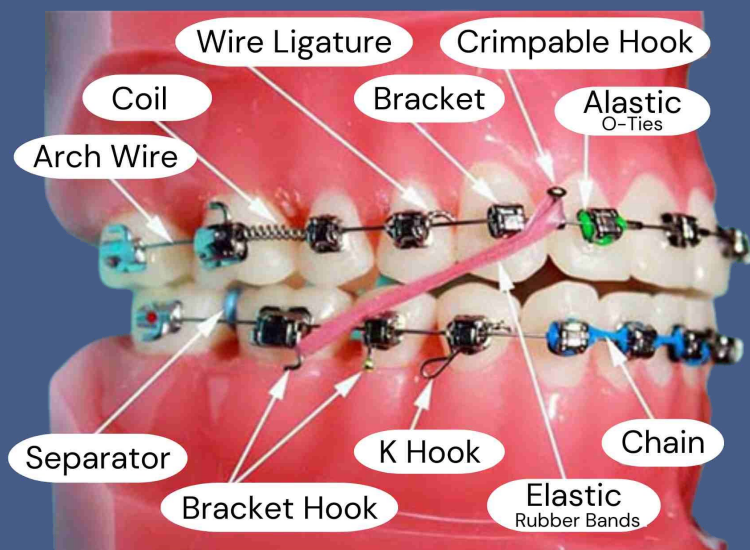


HANDLING ORTHODONTIC ISSUES AT HOME:

While there are temporary steps you can take to relieve discomfort or further damage, it's important to notify your orthodontist.

If you have any concerns, please don't hesitate to contact us. Please call our office: 425-453-7424 or SMS: 833-639-1290

*For true orthodontic emergencies, during office closures please call our office and follow the prompts to contact Dr. Seely or office manager.

TOOLS & SUPPLIES

*Orthodontic relief wax
*Dental floss
*Q-Tips

*Disinfected tweezers
*Interproximal brush
*Salt

*Non-prescription pain reliever
(acetaminophen or ibuprofen)
* Topical Anesthetic (Orabase or Ora-gel)

LOST OR MISSING LIGATURES (O-TIES OR WIRE TIES)

- If a rubber ligature/O-Tie comes off, you may be able to gently guide it back into place using disinfected tweezers
- If a wire ligature becomes loose, you can carefully remove with tweezers.
- If a wire ligature is poking or irritating your lip but is still attached, try gently bending it back into place with a cotton swab or pencil eraser to reduce discomfort.

If you experience any of these issues, please contact our office to inform us and make a plan for repair.

PROTRUDING WIRE

Sometimes a wire may work itself out of place and irritate the mouth. Use a clean tweezer or Q-tip to gently push it flat against your tooth. If that does not help, cover it with orthodontic wax. Should changes with your wire occur please contact us.

IRRITATION IN MOUTH

Braces or wires can sometimes irritate your mouth, especially while eating. Orthodontic wax provides a simple and effective buffer. Pinch off a small piece, roll it into a pea-sized ball, flatten it, and place it over the area causing discomfort.

DISCOMFORT

During orthodontic treatment mild discomfort is normal as teeth begin to move and usually only lasts a few days. Warm salt water rinses and over-the-counter pain relievers can help. If the discomfort last longer than a couple of days be sure to contact us.

MOUTH SORES

Some patients are more prone to mouth sores, which may triggered or worsened by irritation from braces. These sores can appear on the cheeks lips or tongue. Apply a small amount of topical anesthetic with a cotton swab for relief. If sores don't improve in a few days, contact our office.

LOOSE BRACKETS OR BANDS

If the bracket or bands have come loose in anyway, call us to determine appropriate next steps.

