

Management of orthodontic problems during Covid-19 pandemic

Due to the Covid-19 outbreak all routine patients have been cancelled. To limit the need to attend face to face appointments please follow self-care guidance set out on this information sheet. If you continue to experience problems please contact **01296 315690** to arrange a phone consultation.

Removable appliance

Broken – if able to wear and comfortable, continue to wear. Otherwise stop wearing and await next appointment

Does not fit – stop wearing and await next appointment

Problem with turning screw – stop turning and continue to wear appliance

Lost or broken half of twin block – stop wearing both halves

Coverplate after tooth exposure – call us on 01296 315692



Retainers

Broken- if able to wear and comfortable, continue to wear.

For see through retainers, consider trimming broken area with scissors and continue to wear ONLY if retainer will still be large enough not to risk being lose in your mouth,.

Lost – call us again in 10-12 weeks to discuss

Fixed retainer wire behind teeth - if part of wire is loose and painful, attempt to push end of wire with fingers, to stop feeling sharp. If possible trim lose end of wire with small nail clippers.

- wear removable retainer nightly and call again in 10-12 weeks.

If still causing pain then call us on 01296 315690



Fixed brace (train Tracks)

Causing pain?

No

Loose bracket – can be left or module unhooked and bracket removed. Stop any elastics.

Run out of elastics – wait until next appointment unless had recent orthognathic surgery – take details for orthodontist to call back

Wire come out at back of mouth – if no pain, then just leave. Can sometimes be replaced with tweezers if an early flexible wire (but not if more rigid)



Yes

Long wire – initially try to cover the wire end with soft wax.

Some wires can be trimmed using nail clippers or small wire cutter. Try to place tissue behind and cut with extreme care to avoid inhaling cut end.

Try using the eraser at end of a pencil to tuck the wire in towards the teeth to ease discomfort if can't clip the wire.

Appliance rubbing/ulcers – place wax over the problem area. If you have run out of wax then you can order online from orthoshop.co.uk Alternatives to wax are to use **red wax** from a babybel or mix cotton wool and Vaseline. Over the counter gel such as orabase/Iglu can ease discomfort

Teeth sore – this can be normal during orthodontic treatment, and should settle with time. However please call if it does not improve.



Dental pain/trauma emergency

Contact your general dentist for advice in the first instance