



# HOME REMEDIES



## \*HOME REMEDIES AND SOLUTIONS TO COMMON SITUATIONS ENCOUNTERED WHEN IN BRACES\*

### PROBLEM

### SOLUTION



#### **Broken bracket or loose bands**

Often caused by eating hard, crunchy, and sticky foods, candy, or gum. Some people with certain types of bites or enamel may be more prone to breakage.



If the band or bracket is still attached to the wire, leave it in place. Roll a piece of wax between your fingers, dry the bracket and place the wax around the broken bracket to keep it from sliding on the wire. Call us during office hours so we can coil or clip the wire before or after school/work. If we need to replace the bracket we will set you up extra time at a future appointment. A broken bracket or band is not an emergency and often happens during treatment. Excessive breakage CAN prolong your orthodontic treatment.



#### **Hooks, brackets, or coils rubbing on cheeks, or mouth sores**



Form a ball of wax between two fingers, dry the bracket, coil, or hook and mold the wax around the part that is rubbing. Rinsing with warm salt water (1 tsp water dissolved in a cup of warm water) twice a day will help soothe and cleanse the irritated tissue. Other helpful things to use are Orthodots, bumper channel, (available on Amazon) or swimmer's silicone ear plugs.



# PROBLEM

# SOLUTION

## Poking ligature tie



Sometimes the silver ligature tie can bend out of place and start poking. Use a clean pencil eraser to bend it gently back into a position where it isn't bothering you or place some wax around it. Sometimes the color ties can come off these brackets, which do not need to be replaced.

## Poking wire



**Helpful aides:** A small, clean wire clipper from a hardware store, Amazon, or craft store, or a cuticle cutter



**CLIP!**

Place a ball of wax over the poking end if short or push the wire out of the way with a clean pencil eraser or dull object. You may also try to use a clean, disinfected wire cutter or cuticle cutter to clip the wire where it is easy and pull the poking piece out. Call the office during office hours so we can get you in to clip your wire or place a new wire.





# PROBLEM

# SOLUTION



**Broken bite buildup or bite turbo**



What it should look like



If we place two bite turbos or buildups on your teeth and you lose one, as long as you are not hitting on your bottom braces you do not need to come in just to replace it. We will place a new one at your next appointment. If you lose both, just be careful when eating, taking care to keep your bottom braces on. Please call our office during office hours so we can appoint a time to put them back on.



**Sore teeth with bite buildups or bite turbos**

Sometimes the teeth with bite buildups or turbos can experience sensitivity when first placed, especially with adults. Try to eat softer foods and cut your food up into smaller pieces. Take Tylenol or Advil (if no allergies or health contraindications) according to the manufacturer's instructions for a day or two. If the teeth continue to feel painful, call the office to see if an adjustment is needed. With bite turbos, take your time eating and cut your food into small pieces. As the teeth move together and touch in the back they will become more comfortable.



# PROBLEM

# SOLUTION



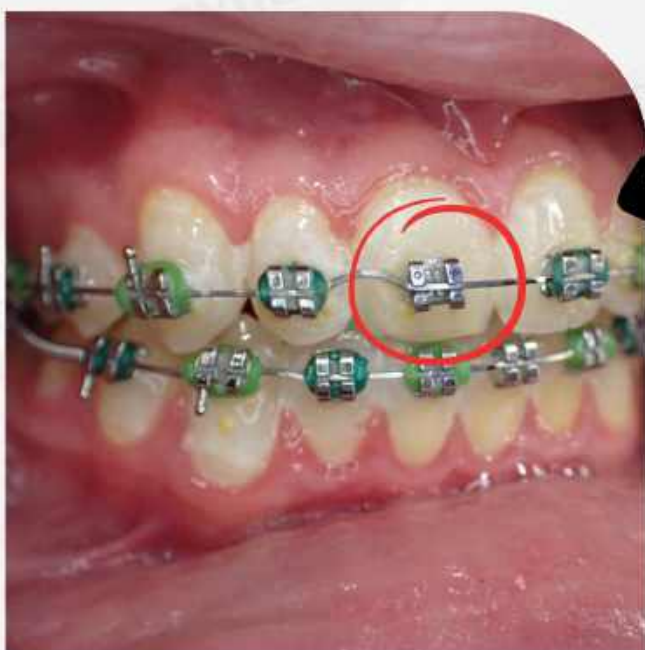
**Puffy, sore,  
bleeding  
gums**

Pay attention to your oral hygiene (refer to your oral hygiene instructions). If your gums bleed keep brushing, flossing, and using your Waterpik in those areas until it lessens. Warm salt water rinses twice a day can also help cleanse and soothe the tissue. Make sure you are keeping up with your general dentist for regular cleanings and exams.



**Sore and  
Sensitive  
teeth**

It is common for your teeth to be sore after an orthodontic adjustment or when starting elastics. Warm salt water rinses twice a day can help soothe your teeth and tissue. Eat softer foods. If needed (and if no allergies or health contraindications), take Tylenol or Ibuprofen/Advil (what you would typically take for a headache) according to the manufacturer's directions for the tooth soreness.



**Missing  
elastic/  
o-tie**

If your color tie comes off and is tied in with a metal ligature tie underneath, there is no need to replace the elastic tie. If there is not a ligature tie keeping the wire in and multiple colors are off right next to each other, please call during office hours to set up a time to have it replaced.



# PROBLEM

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**Loose appliance (holding arch, palatal expander, Carriere, Herbst )**

A loose appliance is most often caused by eating hard, chewy, sticky, or crunchy foods. If an appliance band comes loose, push it back in position and do not play with it. Call the office the next business day so we can get you in to check it. If it has dislodged and can't go back and is uncomfortable, call the office after-hours and follow the phone prompts to leave a message so someone can get back to you with further instructions.

## **TRUE ORTHODONTIC EMERGENCIES THAT REQUIRE THE ORTHODONTIST'S IMMEDIATE ATTENTION**



**Accidents and trauma that forcibly move the teeth**

Please call the office right away and follow the phone prompts to leave a message with the Doctor on call so we may get back to you quickly.

### OFFICE POLICY



Call during office hours so we can get you in to assess the situation and make you comfortable. Although we can't always replace a broken bracket, we can set up a future appointment to replace what is broken.