**HINCHLEY WOOD ORTHODONTIC PRACTICE**

**PATIENT INFORMATION – WHAT TO DO IN AN EMERGENCY!**

**FOR PATIENTS CURRENTLY UNDERTAKING ORTHODONTIC TREATMENT:**

* Don’t panic! **There is no major emergency in orthodontics**. You and your brace will be fine.
* **Call us as soon as possible** during opening hours - we will then be able to give you advice over the phone and, if necessary, arrange an emergency appointment as soon as possible.
* **PLEASE DO NOT COME DIRECTLY TO THE PRACTICE WITHOUT PHONING FIRST**

There may not be an orthodontist working that day! Also, by calling first, we will be able to make a time to see you when we can either just make you comfortable or repair the brace if appropriate.

**SOME COMMON PROBLEMS THAT YOU SHOULD BE ABLE TO SORT OUT YOURSELF:**

* **Discomfort:**
* It is quite normal to feel some pain or discomfort during the first few days after your braces are fitted or adjusted.
* If necessary, take the same painkillers that you would normally take for a headache (e.g. Calpol, Paracetamol, etc.). It is important to take them regularly, following the instructions on the packet.
* If your teeth are tender when you bite, it is important to stick to soft foods for a few days until your teeth have got used to the brace.
* **Wires/brackets “digging in”:**
* Often, as treatment progresses, your wires may start to poke out at the back of your brace. If this happens, please don’t worry as it is a normal part of the process. If the wire digs in and is hurting your mouth, you need to cover the sharp end with the wax provided in your pack.
* If you have run out of wax you can use the red wax casing of Babybel cheese or (as a last resort) some softened chewing gum!
* Whatever you use you will need to dry the area as best as you can first, then firmly squash the covering over the wire end. This should keep you comfortable until you can get to us.
* **If a wire is broken and digging in nearer the front of your mouth you may be able to trim it using clean nail clippers or small scissors and/or use the wax as above.**
* **Loose/lost brackets:**
* This is not always an urgent problem but please call to book an appointment so that we can assess the problem and re-bond the bracket if necessary.
* **Lost separators:**
* This not usually a problem. Just keep your next appointment.
* **Accidents involving chipped teeth or “toothache”:**
* These are not orthodontic problems. You should see your General Dentist as soon as possible for advice and treatment.

**Date of last review: November 2017**