

Fixing Braces Mishaps at Home

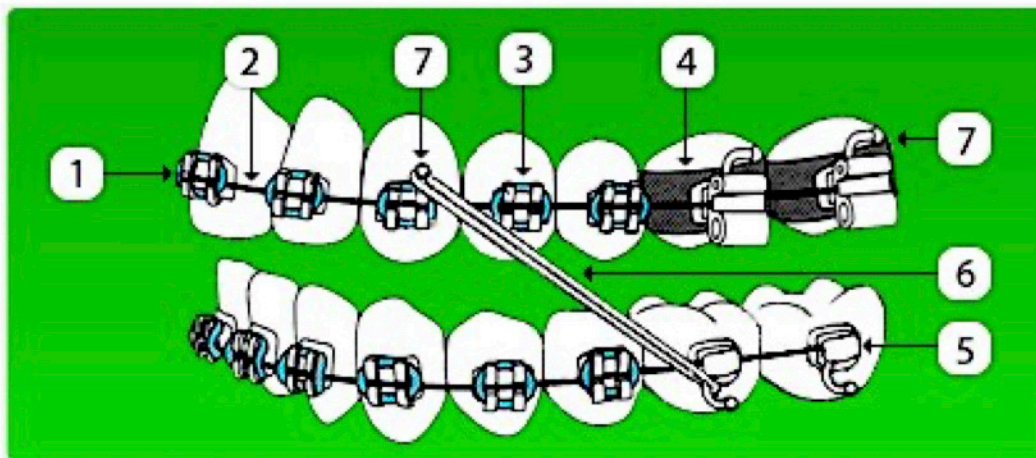
* Patients can take care of most braces problems on their own.

A general rule, an appointment may be made when there is severe pain, a broken wire, loose bracket, or band.

* Tools & Supplies

- Orthodontic relief wax
- Sterile tweezers
- Nail clippers or Cuticle cutters
- Pencil easer
- Salt water rinses
- Interproximal Brush
- Toothpicks

* It's important to know the names of the parts of your braces. It will help when you call the office to be able to identify what part is broken or out of place



Parts of Braces

1. Brackets: Brackets are connected to the bands, or directly bonded to the teeth, and hold the archwire in place.

2. Archwire: The archwire is tied to all of the brackets and creates a force to move teeth into proper alignment.

3. Tie: The archwire is held to each bracket with a tie, which can be either a tiny elastic or twisted wire.

4. Metal Band: The band is the cemented ring of metal which wraps around the tooth.

5. Buccal Tube: that allows the archwire to pass through while exerting either a torquing force or allowing the wire to slide as tooth movement occurs.

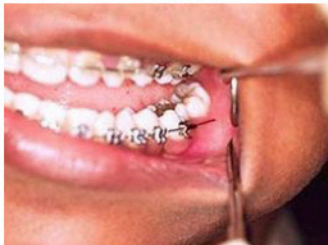
6. Rubber bands

7. Elastic Hooks: Are used for the attachment of rubber bands, which help move teeth toward their final position.

If your wire becomes too long in the back...Place enough wax in the area to completely cover the wire and bracket.

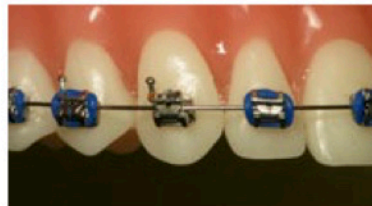
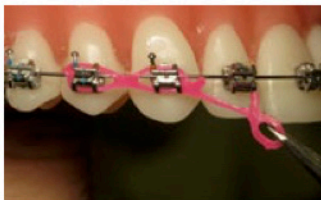


*** In a situation where the wire is extremely bothersome, you may clip the wire.**



*** If your tie or chain breaks...Use a pair of tweezers, toothpick, or your fingers to remove.**

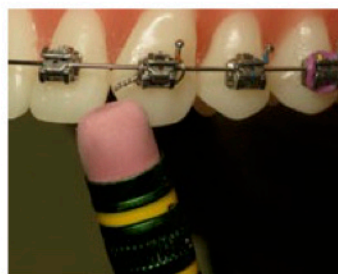
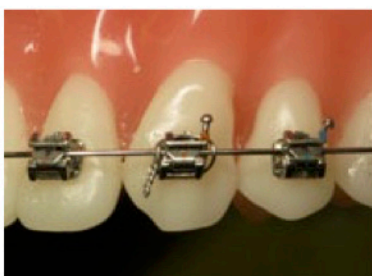
***If one of your ties come off....No need for any after hours care. Your braces are fine!**



*** If your band comes loose...Add a small amount of toothpaste or wax to the band and press it back into place.**



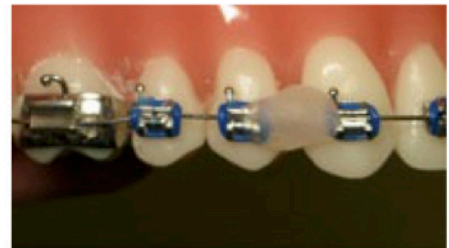
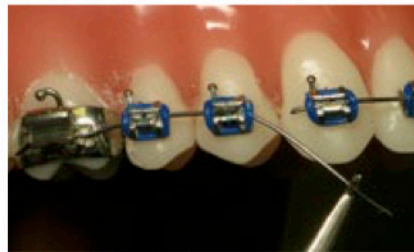
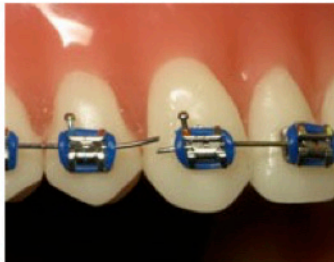
*** If the end of your tie gets pushed out from under your arch wire... Use a pencil eraser or your finger to push it back under the archwire.**



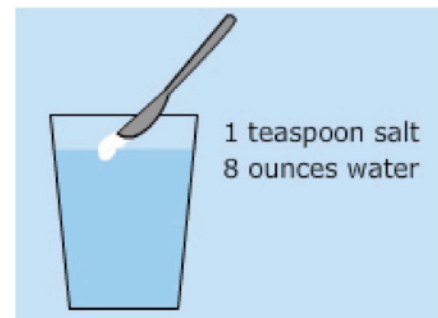
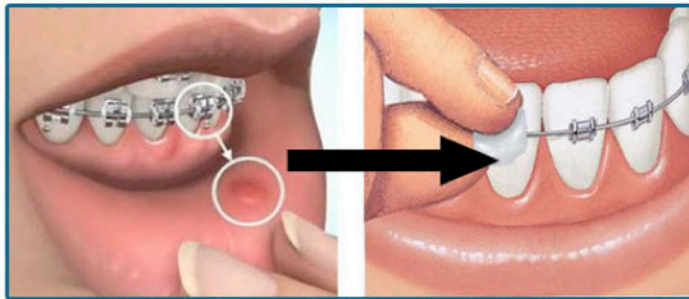
*** If your archwire comes out in the back... Lay the archwire against the bracket and place enough wax to completely cover the bracket.**



*** If your archwire breaks... Clip to the closest bracket and remove only the broken portion with a pair of tweezers or your fingers. If removal is not possible place enough wax over broken area to secure archwire.**



*** Irritation of Lips or Gums and other Sore Spots... can be relieved by rinsing your mouth with warm salt-water rinses and/or placing wax on the braces to lessen this irritation.**



*** Gums are Swollen or Bleeding...In many cases, is caused by poor oral hygiene where plaque, a sticky film of bacteria that constantly builds up around, on and in between your teeth. If plaque bacteria are not removed it can irritate the gums leading to redness, bleeding and inflammation. It can be relieved by using warm salt water rinses, gently massaging gums using your tooth brush. Please refer to your brushing and flossing guide provided by the office for further instruction.**

