

Fixing Braces Accidents at Home

What do I do if there is something wrong with my braces?

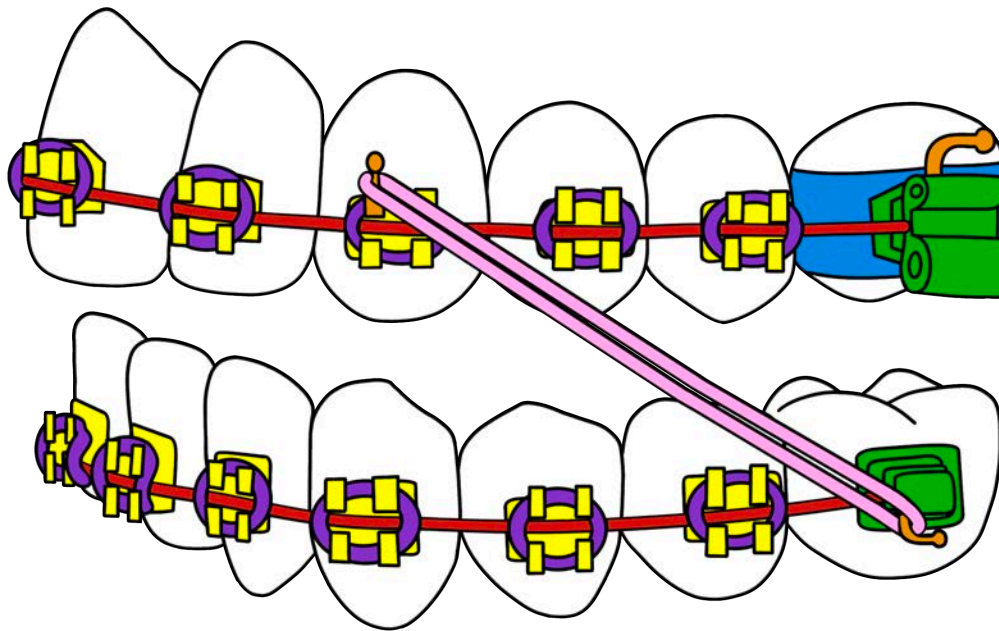


The Orthodontists

Accidents are going to happen while you have braces, and they might happen during a time when you are unable to come to our office for a repair. Thankfully **most issues with your braces can be solved with tools you already have at home**. We're going to go over some of the most common accidents that can happen and what to do if/when they do occur. We are including the most detailed instructions and pictures as possible but **if you need additional help and cannot make it to our office, Youtube has tons of video tutorials that can offer even more detailed instructions** on how to fix certain problems.

It is important that you know what the parts of your braces are called so when you have an issue you'll be able to accurately describe what is happening to us over the phone or during your repair appointment.

Do You Know the Different Parts of Your Braces?



Archwire: a thin wire that passes through each individual bracket and is held securely in place by tiny elastic ties. The archwire is what creates the tension required to move teeth.

Rubber Band Hooks: a metal hook used to attach rubber bands to braces.

Brackets: a small metal square that is bonded onto the surface of the tooth. Brackets act like handles that allow us to hold onto teeth to move them.

Buccal Tube: a tube that holds the end of an arch wire.

Band: a thin ring of metal fitted around a tooth and cemented in place. A band is a super strong bracket that is used when more support is needed.

Ties: tiny colorful elastic loops that hold arch wires to brackets. Can also be referred to as "ligature ties".

Rubber Band: an elastic band that is used to adjust bite position.

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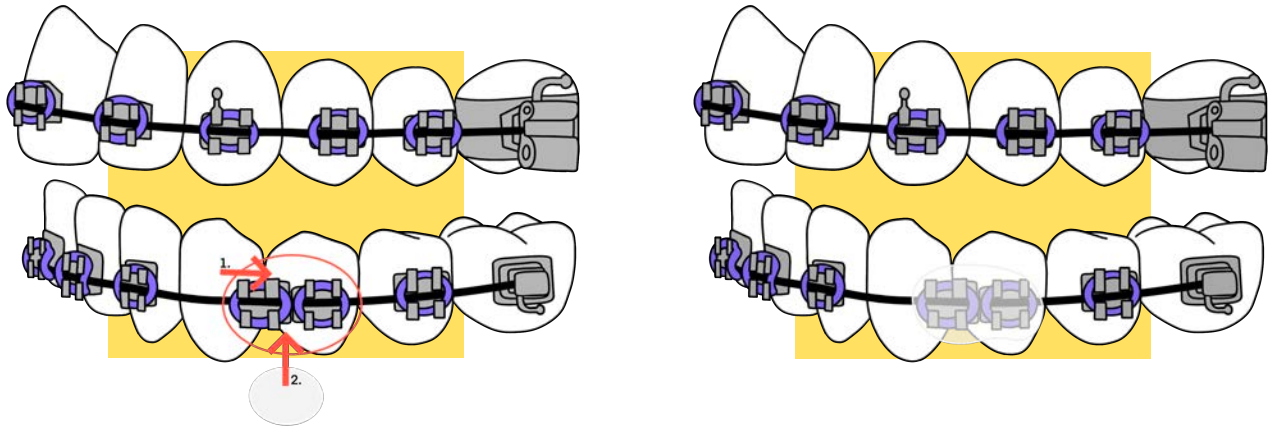
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Broken Brackets

Broken brackets are not an uncommon occurrence, and they are **not an orthodontic emergency**. It is still **important that you let our office know as soon as possible** when you do have a broken bracket so we can schedule a repair appointment or extend your regularly scheduled appointment. In addition **if numerous brackets are being broken throughout treatment, it is very likely that treatment time can be extended**.

So what do you do with a broken bracket **while you are waiting to come in for an appointment**? If your bracket is broken and still on your archwire:

1. Slide your bracket to the next closest unbroken bracket.
2. Then place a small ball of orthodontic wax over that area so both brackets are covered.

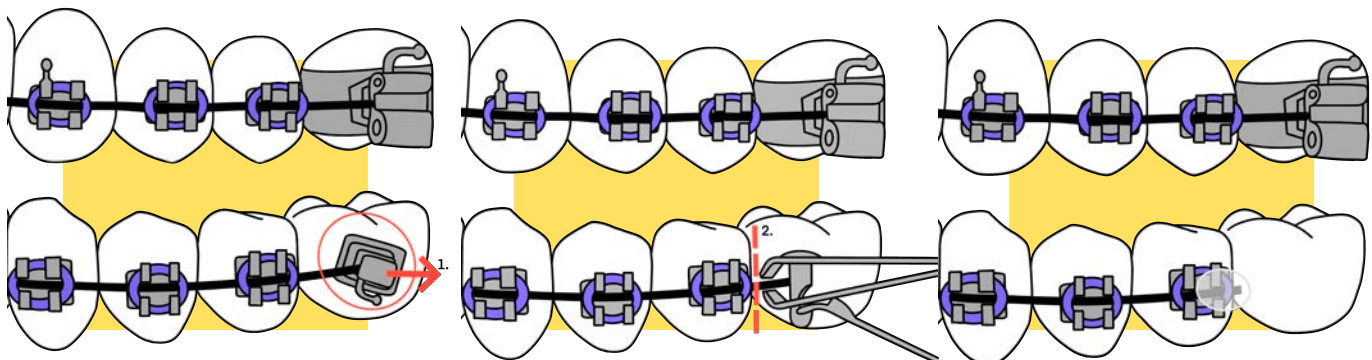


Doing this will reduce irritation caused by a loose bracket sliding around on your wire. Please note that the **wax may need to be replaced around meal times and after you brush your teeth**.

In the event that your **bracket comes completely off**, if the wire begins to bother you in the area that the bracket is missing you may **place a piece of wax directly on the wire** to reduce irritation.

If a bracket that **has a buccal tube on it, or an end bracket breaks**:

1. Slide the broken bracket off of the end of your arch wire.
2. Clip your archwire to the next closest bracket with clean nail clippers or cuticle cutters. Try to clip the wire as closely to the bracket as you can.
3. Place a small ball of wax over the end of the arch wire.

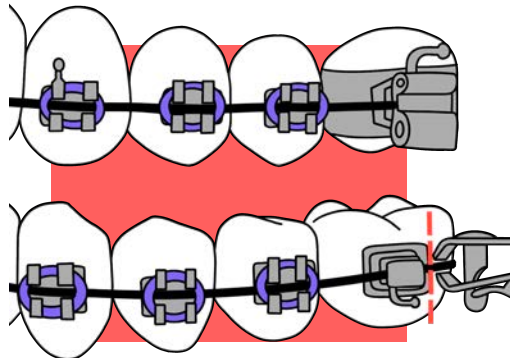


Pokey/Slipped Out/Broken Wire

Pokey wires are usually a good sign when it comes to your braces, it most likely means that we have movement happening! Even better news its a pretty easy fix to do yourself at home.

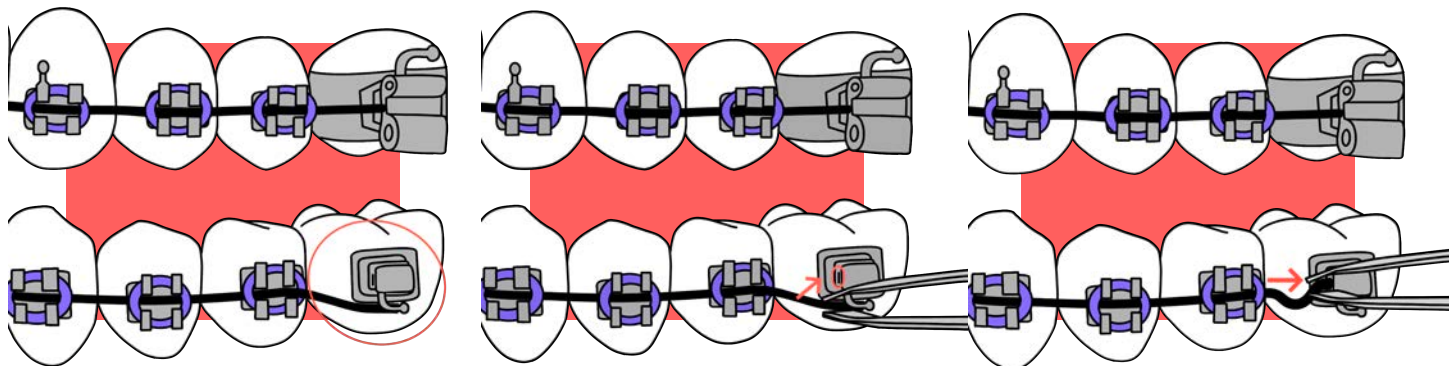
1. Use a clean pair of nail clippers or cuticle cutters to clip the wire as close to the buccal tube as possible.

If your wire is **long enough to bother you but not long enough to clip**, place a **small ball of wax over the exposed end of your archwire**, this will reduce the irritation caused by your wire rubbing on your cheek.



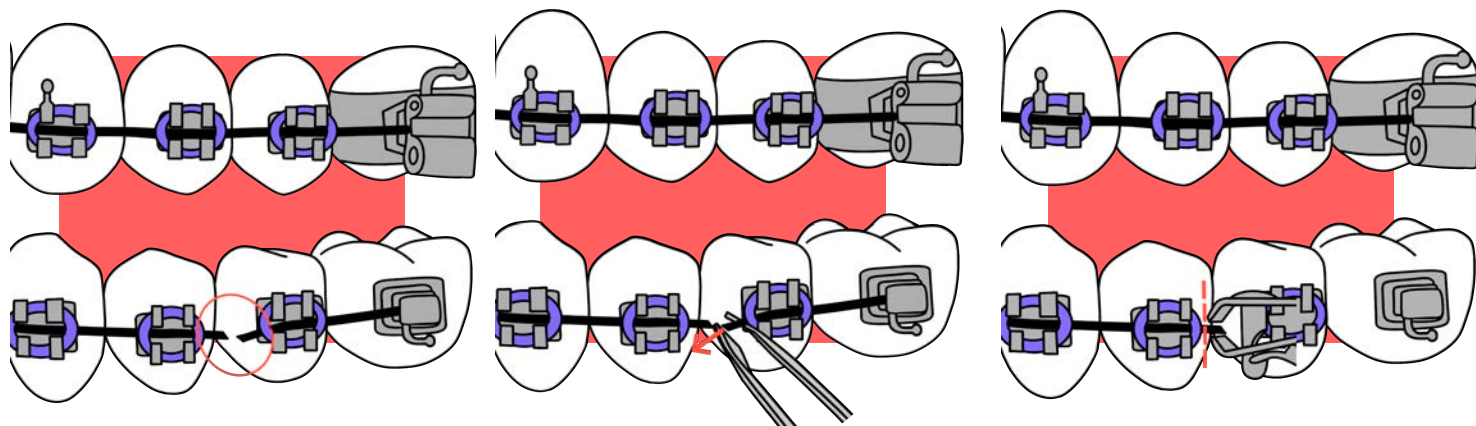
If a **wire happens to slip out of a buccal tube** it is also a very easy fix at home!

1. Using a clean pair of tweezers pinch the end of the archwire.
2. Slide the end of the archwire into the hole located on the back bracket otherwise known as a buccal tube. ***Note:** your wire might need to bend a little to course it back into the hole, this is normal! Your wire is flexible and should go right back to its original shape.



Lastly if your wire breaks, **first text our office a picture of the broken wire**. It may depend on how bad the break is whether or not you will be able to fix it on your own. If the break is not too bad and you are unable to see us, **here are some tips on how to make yourself comfortable until your wire can be replaced**.

1. Using a clean pair of tweezers try to remove the broken section of wire and clip the excess wire shorter. You will likely have to wiggle the broken section around to release it.
2. Any poking wires can be covered with a ball of wax to reduce irritation.

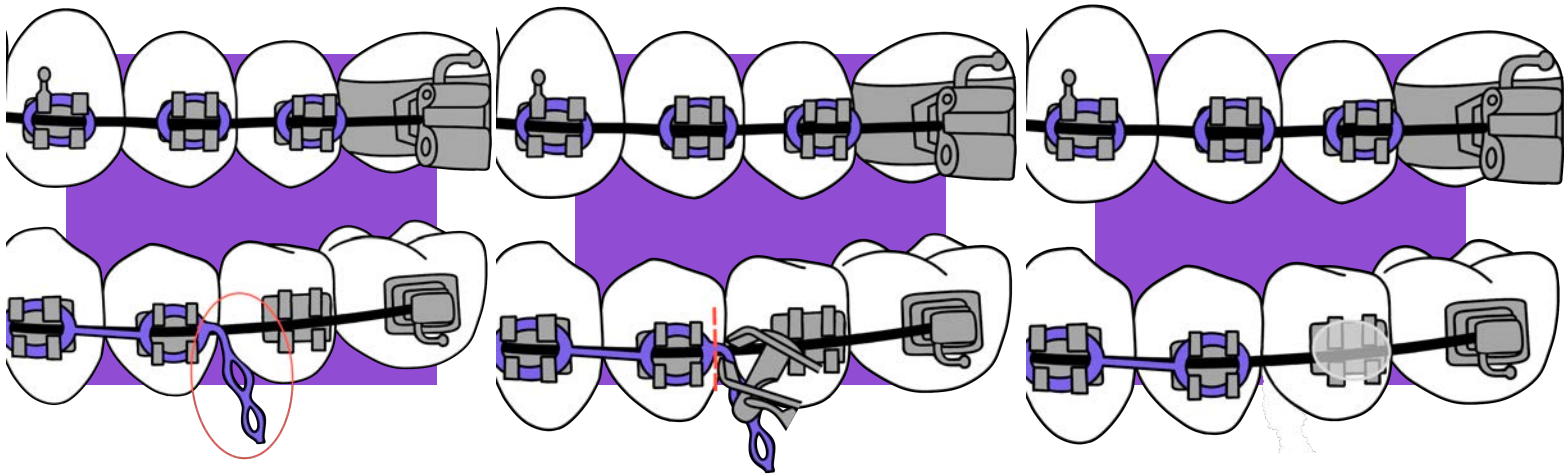


Broken or Missing Ligature Tie/Loose Band

Broken or missing ligature ties are probably the best accident that can happen with your braces! It's a super easy fix and **more often than not it's not anything to be worried about**, still they can be bothersome so here are some tips for fixing broken and missing ties at home.

If you have **one broken tie** that is hanging on to your bracket you will most likely be able to take it off with a pair of tweezers. If you have a broken tie that is a part of a chain then:

1. Find the link between the last loop that is still attached to your braces and the last loop that has come off
2. With a clean pair of nail clippers, clip the link between the loops.



If you are **missing a tie and your wire is still secure**, just let your assistant know at your next scheduled appointment and they will replace it for you.

If your **band or a metal ring around your tooth comes loose**, please call our office as soon as possible so we can re-cement it back into place. While you are waiting to come to our office you can:

1. Apply toothpaste to the top of the band
2. Push the band down until you no longer feel it when you bite down.

Note: This is only a temporary fix, your band will likely not stay. This is just to keep you comfortable until we can fix it here in the office.

