Nguyen Family Orthodontics

Emergency Care

True orthodontic emergencies are very rare, but when they do occur, we are available to you. As a general rule, you should **call the office ASAP** when you experience extreme pain or when you have a painful appliance problem that you can't take care of yourself. We'll be able to schedule an appointment to resolve the problem. Allowing your appliance(s) to remain damaged for an extended period of time may result in disruption or extension of your treatment plan.

The following temporary solutions may help you relieve your discomfort:

Poking Wire

Using a pencil eraser, push the poking wire down or place wax on it to alleviate the pain.

Loose Bracket or Band

If your bracket or band is still attached to the wire, you should leave it in place and put wax on it. If the bracket comes off completely, put it in a clear bag and bring it with you to your next appointment.

Loose Wire / Wire out of last tooth

Using tweezers, try to reinsert your wire back into place. If doing this and using wax doesn't help, as a last resort use a small fingernail clipper to clip the wire behind the last tooth to which it is securely fastened. If your discomfort continues, place wax on it. Your best bet is simply to leave it alone as long as it is not poking you.

Loose Appliance

If your appliance is poking you, place wax on the offending part of your appliance.

Headgear Does Not Fit

Sometimes headgear discomfort is caused by not wearing the headgear as instructed by Dr. Nguyen. Please wear as prescribed by Dr. Nguyen. If the face bow is bent, please call our office for assistance.

General Soreness

When you get your braces on, you may feel general soreness in your mouth and teeth may be tender to biting pressures for three to five days. This may be relieved by rinsing your mouth with a warm saltwater mouthwash. Dissolve a teaspoon of salt in 8 ounces of warm water and rinse your mouth vigorously. Placing orabase on the affected area of your cheek may help; this can be found in a pharmacy. If the tenderness is severe, take whatever you normally take for a headache or similar pain. Acetaminophen (aka Tylenol) tends to give the best pain relief.

Note: the lips, cheeks, and tongue may also become irritated for one to two weeks as they become accustomed to the braces. You can put wax on the braces to ease the discomfort.