

## Minor Orthodontic Emergencies

Now that you have started orthodontic treatment, here are a few hints to help you through the first several days.

### GENERAL SORENESS

There may be a general soreness in the mouth (usually involving the lips and cheeks) while the patient's mouth is adapting to the braces. **Orthodontic Wax** is provided to all orthodontic patients during their appointments to help create a smooth barrier between the individual braces/brackets and any irritated area of the lips or cheeks. Please use as follows: Apply a small pea sized ball of wax to the part of the brace that is causing the irritation. Soreness should improve by the third or fourth day, maybe a little longer for adults. In addition, a **saltwater solution** can help the lips and cheeks heal quickly from any abrasion. Dissolve 1 teaspoon of salt in 8 ounces of warm water and have the patient rinse the mouth vigorously for 30 seconds at a time until they have been through the entire cup. This can be done either once a day or twice a day depending on the level of the patient's soreness and severity of any abrasions.

The patient's teeth will likely be sore. The ideal medication for tooth soreness is Tylenol (as long as the patient tolerates Tylenol well under normal circumstances). Please avoid use of Ibuprofen if possible as it can slow down tooth movement.

### LOOSENING OF TEETH

Teeth loosening is to be expected throughout treatment. It's normal, so don't be alarmed. The teeth must loosen first so they can move, but they become rigidly fixed in their new positions when treatment is completed.

### LOOSE WIRE, BAND OR BRACKET

Occasionally a wire, band, bracket, or other parts of appliances may come loose. If this occurs, don't be alarmed. When a wire that is normally positioned within the brackets protrudes and is irritating a patient, carefully use a blunt instrument (e.g., the back of a spoon or the eraser end of a pencil) to gently push the irritating wire back under into the bracket. If the main arch wire becomes loose and pokes inside the mouth, cut the arch wire as close as possible to the next brace and remove the loose part. Alternatively, you can always call or text our office for assistance and direct guidance on at-home repairs to ensure patient comfort.

### COOPERATION

Success of treatment depends upon cooperation between the patient and the orthodontic team. Please be sure to follow these directions:

- Wear the appliances as directed.
- Avoid foods that can be damaging.
- Handle emergencies promptly- waiting on broken appliances can delay treatment significantly in some circumstances.
- Always be conscientious and responsible toward your treatment.
- It's very important that you keep your teeth, gums and appliances clean. At least once each day, spend a few moments with a mirror checking the appliances to make sure they are thoroughly clean and in good shape.

#### PERIMETER DRIVE

698 Perimeter Dr., Suite 200  
Lexington, KY 40517  
Phone: (859) 269-2757

#### MAIN STREET

540 East Main Street  
Lexington, KY 40508  
Phone: (859) 233-1431

#### FRANKFORT

160 Kings Daughters Drive  
Frankfort, KY 40601  
Phone: (502) 783-6111

#### ADDITIONAL

Web: [www.buchartwachs.com](http://www.buchartwachs.com)  
Email: [info@buchartwachs.com](mailto:info@buchartwachs.com)  
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# Orthodontic Restrictions

## WHY HAVE DIET RESTRICTIONS

Orthodontic patients need to observe certain diet restrictions to avoid breakage of appliances, which can tolerate only so much stress before giving way.

## FOODS TO AVOID

In general, there are three categories of foods to avoid:

1. **Sticky/chewy foods** - These foods can pull appliances off the teeth.
2. **Hard/crunchy foods** - These foods can break or shear appliances off the teeth.
3. **Popcorn** - Popcorn is painful enough when it becomes lodged in the teeth without orthodontic appliances. This is greatly magnified and increasingly difficult to remove when orthodontic appliances are in the mouth, making popcorn in general a bad idea.

- Ice (cubes or crushed)
- Chewing hard candies
- Popcorn
- Nuts
- Caramels, taffy, candied apples
- Thick, hard chips
- Candy bars with nuts or caramel
- Hard bread sticks
- Chewing gum
- Hard or sticky candy

## FOODS TO BE SLICED OR BROKEN UP BEFORE EATING

- Apples
- Raw vegetables
- Corn on the cob
- Pizza (avoid hard crusts)
- Bagels and hard bread

## OTHER THINGS TO AVOID

- Chewing fingernails
- Pens and pencils
- Popsicle sticks

## QUESTIONS

If you have questions, don't hesitate to ask! We're here to help you.

## EMERGENCIES

For emergencies, call (859) 368-6005.

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