



What is an orthodontic emergency?

True orthodontic emergencies are rare. If the patient is experiencing severe pain or has a painful appliance problem that you can't take care of yourself, these are considered to be a true orthodontic emergency. In either of these cases you should immediately contact our office.

▶ You can reach us during normal office hours at **(480) 573-0093**.

A helpful list of common **non-emergency** orthodontic issues:

You may be able to temporarily solve many problems at home/yourself until you can get to our office.

General soreness

Is normal for your child to experience some general soreness and their teeth may be tender to biting pressures for up to one week after they get their braces or after an adjustment.

The following advice can be helpful during this time:

- Have your child stick to a soft diet
- Irritated gums and other sore spots can be relieved by having your child rinse their mouth vigorously with a warm salt-water solution (one teaspoonful of salt dissolved into eight ounces of warm water). This can be done as needed throughout the day.
- If the tenderness is severe, give your child Acetaminophen (Tylenol) or whatever you would normally give them for a headache (or similar pain).

Note: Aspirin, Ibuprofen (Motrin, Advil) and Naproxen Sodium (Aleve) can actually slow tooth movement, so it is not advisable to use them frequently while wearing braces.

Lost bracket or band

If the bracket is still attached to the wire, leave it in place and use ortho wax to stick it to the tooth. If the bracket comes off entirely, try to save it and bring with you to your next orthodontic appointment. Immediately call our office to schedule an appointment to have it examined and repaired. Brackets on the back teeth can be re-attached by an orthodontic assistant. Brackets on the front teeth will need to be re-attached by our orthodontist.

Poking wire

If a wire is causing irritation, try pushing it away from the irritated area by using the (clean) eraser end of a pencil or a cotton swab. If the wire cannot be tucked away, cover the end with a small piece of orthodontic wax or a wet cotton ball. If your lips or cheeks are irritated, place wax on the area to reduce the annoyance.