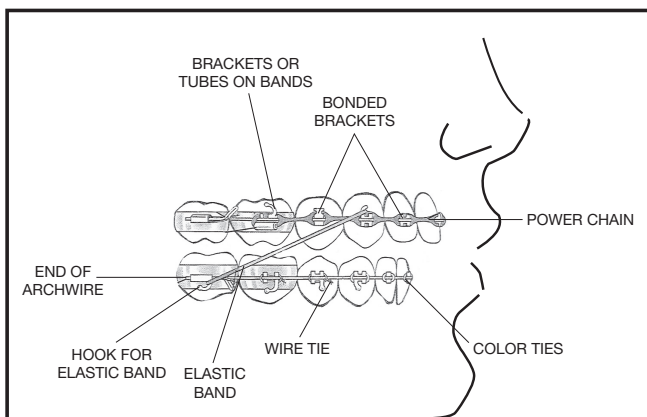
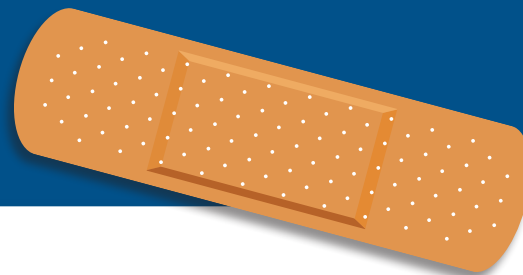


LIVING WITH BRACES:

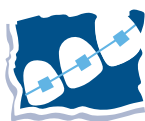
Common Problems and Solutions



Use this diagram to help you accurately describe your issue.

From time to time you may experience a problem with your braces while at home, school or work. Here are some common orthodontic appliance problems that you can easily fix on your own. However, you should follow up with your orthodontist as soon as possible, especially in the event of a more serious problem. Severe pain, trauma, facial injury, or even a wire sticking out that you cannot fix, do require emergency treatment. For additional information about what to do if you think that you are experiencing an orthodontic emergency, please visit our website. We have posted additional resources and visual aids to help answer any questions that you may have.

PROBLEM	SOLUTION
Food Stuck in the Appliance	This problem can cause both discomfort and embarrassment. A knotted piece of dental floss, interproximal brush or toothpick can be used to dislodge the food particle.
Soreness and Irritation	Rinsing the mouth with warm water mixed with salt (8 oz of glass of water with 1 tsp. of salt) often alleviates soreness or ulcerations caused by braces. Tylenol or Advil are other options for relief from minor discomfort. Topical application of an anesthetic gel can also help. A small ball of orthodontic wax can be placed over the area of the appliance causing the irritation.
Loose Band, Bracket or Appliance	If you notice anything that is loose or broken, please call our office for a repair appointment as soon as practical. If any part is irritating the mouth, try to cover it with orthodontic wax. If a band or bracket actually comes off, place it in a plastic bag and bring it with you on your next visit.
Loose Wire	An irritating loose wire can be covered with wax as well. It may also be pushed back into place using an eraser, spoon or tweezers, or clipped back (shortened) with fingernail clippers.
Missing Color Tie or Wire Tie	Although this is not an urgent situation, at your next scheduled appointment, the doctor should be told about any missing color ties or wire tie.



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