



## COVID-19 Emergency Orthodontic Advice

*Most orthodontic appliances can be left in situ for some months without detriment to the patient if the patient continues with the usual after care instructions;*

- **Exemplary oral hygiene** – brushing 3 times a day with their standard toothbrush, followed by interproximal brush use. As an adjunct, use of a fluoride mouth rinse eg. Fluoriguard (225ppm), once a day.
- **Low sugar diet** - Where possible avoid all snacking on sugars and drinks with ADDED SUGAR. Fizzy drinks should be avoided in particular.
- **Avoid hard, sticky and hard foodstuffs** that could break the brace wire or fracture brackets (debond) off a tooth.

### Wires digging in

- **Home advice**
  - If a thin wire, it may be possible for the patient or family member to use tweezers to replace wire in the tube/band or tweezers and a nail clipper/scissors to shorten the long end
  - It may be that a thin wire is the correct size but may have rotated round the teeth so that it is short on one side and long on the other. Using tweezers, a pencil with a rubber on the end or a teaspoon, it may be possible to push the wire back round to prevent the long end digging in.
  - If the wire is very thick and stiff it may not be possible to cut the wire with home instruments. If this is the case it may be necessary to cover the wire to prevent it being sharp. Relief wax/silicone may be sent to
  - You or you can buy it online (Orthodontic Wax) Failing that using a wax covering from hard cheese (baby-bell, cheddar), Blue tack or even chewing gum may help

Click [here](#) for video

### Broken bonded retainers

- **Home advice**
  - Push wire back down towards the tooth as much as possible. (Fingers or tweezers)
  - Cover with best medium available (Ortho wax, Cheese wax, Blu tack, chewing gum)
  - Cut the exposed unbonded wire using tweezers and nail clippers/scissors
  - Gently pull the wire to remove the whole retainer
  - Use the backup removable retainers if present

Click [here](#) for video



## Lost Retainers

- **Home advice**
  - Contact us– it may be that we have your final moulds and can make a new retainer remotely which can be posted out to you. Or with advice from us, a ‘boil in the bag’ (heat mouldable) gumshield to use and wear at night to reduce the risk of relapse (unwanted tooth movement). It should be noted that these appliances aren’t specifically designed to hold teeth in position so the manufacturer cannot be held responsible for any relapse.

## Bracket off

This is not urgent unless it is causing trauma to the soft tissues.

- **Home advice**
  - It may be possible to guide you on how to remove the bracket from the wire via video if it is causing trauma.
  - It may be possible to leave the bracket if it is not causing any problems at present. Consider contacting us for advice.

Click [here](#) for video

## Elastic Bands

- **Home advice**
  - At this time if you run low or out of elastics, we may either send you more or advise you to stop using them. Please talk to us if in any doubt.

## Band off

- **Home advice**
  - If the band is very loose, we may be able to talk you through removal of the band, and trimming of the wire depending upon your stage of treatment.
  - It may also be the case that we will advise you to leave the band in place. If this occurs please ensure you adhere to good oral hygiene and a low sugar diet to prevent decay under the band and around your tooth.
  - Push the band back onto tooth if it will locate and ensure you adhere to good oral hygiene and a low sugar diet to prevent decay under the band and around your tooth.



### Removable/Functional appliances

- **Home advice**

- Check for comfort and retention.
- If unsure about how much to continue to wear the appliance discuss with it with us.
- If fractured or ill-fitting do not wear the appliance.

### Lost module(s) “o rings”

- **Home advice**

- No action required – try and make the wire secure with dental wax, cheese wax or blu tack and chewing gum, where the module has been lost.

Click [here](#) for video

### Headgear

Please call us for advice.

### Lost spring

No treatment required.

### Fractured/Frayed power chain

- **Home advice**

- Accept situation– most power chain will denature in 4-6 weeks and become passive.
- Remove power chain with tweezers if necessary.
- Cut frayed end as short as possible to improve comfort.

Click [here](#) for video

### Exposed end of wire tie – long ligature or short ligature

- **Home advice**

- Re-tuck sharp end under wire/bracket using tea spoon or tweezers.
- Remove wire if broken with tweezers if possible.
- Cut frayed end as short as possible to improve comfort with nail cutters or scissors.
- Cover for comfort using Ortho wax, Cheese wax, Blu tack, chewing gum.

Click [here](#) for video



Stoke Gifford  
Dental Surgery LTD

**IF YOU HAVE TRIED WITH THE HOME ADVICE AND ARE UNSUCCESSFUL  
THEN PLEASE CALL THE SURGERY FOR ADVICE.  
FOR YOUR OWN SAFETY AND THAT OF THE SURGERY STAFF, WE ARE NOT  
ABLE TO SEE YOU IN THE PRACTICE IN ACCORDANCE WITH  
GOVERNMENT INSTRUCTIONS.**