

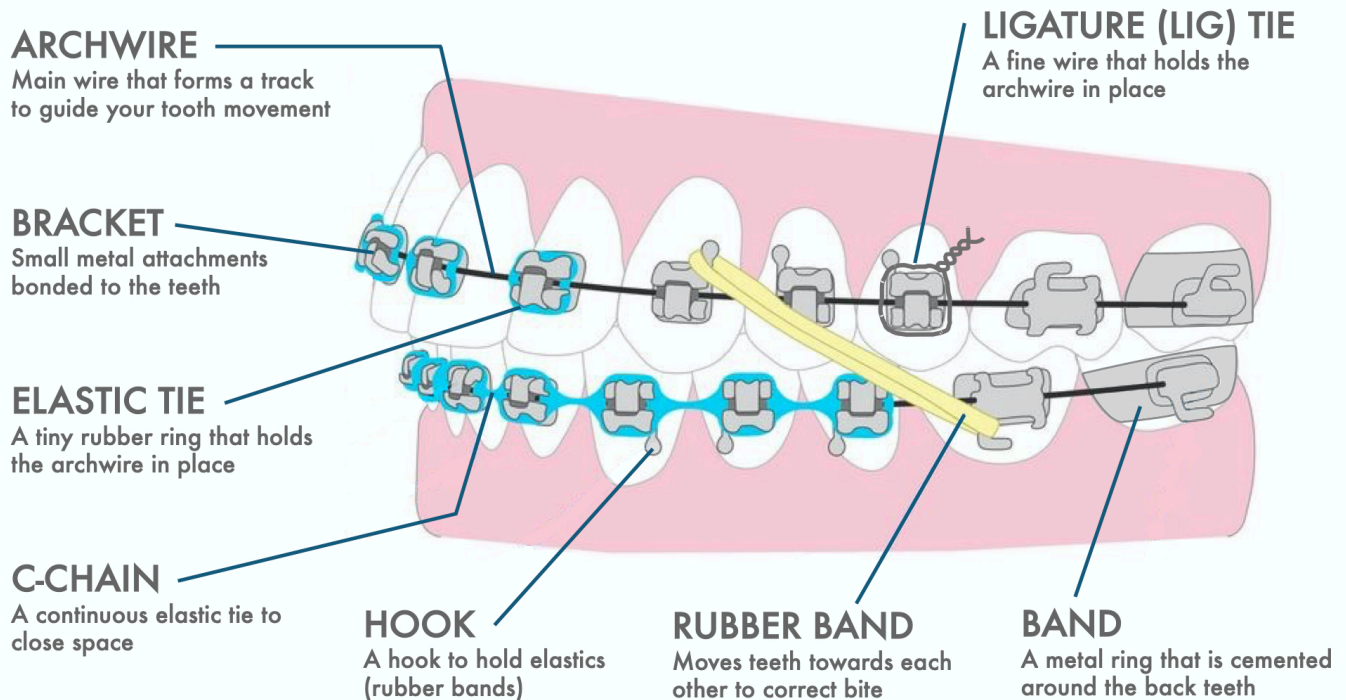


HILLSIDE VIEW ORTHODONTICS

BY IKEDA · RIGHELLIS

Orthodontic Emergencies

Once your orthodontic treatment has begun, you may come across some “difficulties.” It is important to become familiar with the names of your orthodontic appliances. If you have any questions, or if something becomes loose or breaks, refer to this diagram when you call our office.



Here are some possible scenarios and guidelines for you to follow:

Spacer fell out

- If it happens the **same day** of or the **night before** your banding appointment (where we remove the spacers and place bands around the teeth, don't worry about it. We should have enough space to work with.
- If it happens **several days before**, please call the office during **regular** hours (if it happens on a weekend or after hours, please wait until the next business day to call) so we can schedule a time to replace the spacer(s).

Loose bracket or band

Always call the office during working hours to schedule an appointment to repair the loose brace! A loose brace could cause the tooth to shift in the wrong direction, prolonging your treatment time. In the meantime, if the bracket or band is still attached to the wire, leave it in place. If it is uncomfortable, cover it with wax. If it comes out completely, please bring it with you to your next appointment.

Poking archwire

Cover the wire edge with wax provided or wet tissue, or try to clip the end with a clean nail cutter. Be sure to hold the free end of the wire during this process. Call the office during regular hours so we can arrange to re-tuck or clip the wire.



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Poking ligature tie

Tuck the lig tie under the archwire with a pencil eraser. If unsuccessful, cover with wax and call the office during regular hours to schedule a comfort adjustment appointment.

Lost tie wire or elastic tie

A missing tie could allow the tooth to shift in the wrong direction, again prolonging treatment time. Call the office during regular hours to schedule an appointment to replace the tie.

Soreness from braces

It is normal for teeth to be tender for three to seven days after the wire is first tied in. To provide relief, drink a cold beverage or place an ice cube near the tender teeth. Because many of our wires are thermally activated, the coolness will reduce the pressure on the teeth. If necessary, take a pain reliever (like Advil or Tylenol) that you would normally use for a headache.

Lip, cheek, and tongue sores

New braces will initially irritate the soft tissues of your mouth. If you can, try to adapt to the “roughness” and your lips, cheeks, and tongue will “toughen.” Otherwise, you can use the wax provided to cover the irritating spots. We keep plenty of wax in stock should you run out. If you feel a specific sharp spot, or if the sores don’t feel better within a week, please call our office during regular hours so we can schedule a visit to check things out.

Retainer does not fit

Place the retainer in a container of water to prevent distortion, and call to schedule an appointment to adjust or replace the retainer.

Headgear does not fit

Expect some tenderness in the molar area for the first week or so of headgear wear. This discomfort will gradually go away with consistent wear.

- If it feels too tight, attach the strap to a looser notch (less tension).
- If the facebow (the wire frame) fits, but the headgear does not stay on, attach the strap to a tighter notch (more tension).
- If the facebow does not fit into the molar tubes, please call the office during regular hours so we can adjust it.

Accidents/Trauma involving the teeth

Call your dentist or Dr. Ikeda immediately! Keep the injury site clean. To minimize swelling, place ice in a plastic bag and hold over the swollen area. Check for loose braces and/or bent wires, which could move your teeth unfavorably.

AFTER HOURS PROBLEMS

If you have a **TRUE dental emergency** and need immediate attention (facial trauma/swelling/severe pain), please call our office number at **510.482.0600** and listen to the instructions to leave a message for the doctor. We will call you after receiving the message.

For all other inquiries, please call the office during **REGULAR** hours, so we can help you with your appointment:

Monday-Thursday | 7:30 am - 4:20 pm
Friday | 7:30 am - 10:50 am