



## SUMMERTIME ORTHODONTIC EMERGENCY CARE

While orthodontic emergencies are never timely, with camp and vacations this summer they may be particularly inconvenient and potentially stressful. Here are some tips to help handle most orthodontic emergencies.

As a general rule, you should call your orthodontist when you experience severe pain or when you have a painful appliance problem that you can't take care of yourself. Common issues include broken appliances, poking or sharpness from brackets and wires, and general soreness. While we always recommend that you consult us if you experience these issues, you may be able to temporarily solve many problems yourself until you're able to visit our office.

The following solutions may help relieve discomfort:

- **General soreness:** When you get your braces on, it is very common for you to feel general soreness in your mouth, and teeth may be tender to biting pressures for three to five days. This can be relieved by rinsing your mouth with a warm saltwater mouthwash. Dissolve one teaspoonful of salt in 8 ounces of warm water, and rinse your mouth vigorously. If the tenderness is severe, take over the counter aspirin or other headache/pain relief medication.
- **Poking wire:** Placing wax on the poking edge of the wire is a great way to alleviate the discomfort.
- **Loose bracket or band:** If your bracket or band is still attached to the wire, you should leave it in place and put wax on it. If the wire comes out entirely, wrap the bracket in a tissue. If you still are in discomfort, call your orthodontic office for further assistance.

Remember, after alleviating your discomfort it is still very important that you call your orthodontic office as soon as possible to schedule a time to repair the problem. Most important, stay calm and know that these things happen. Don't let a broken appliance ruin the fun!

Contact Dr. Langberg & Team at 203.431.4466. For more information about Dr. Langberg, go to [www.braceyourselves.com](http://www.braceyourselves.com). Follow Langberg & Team on Facebook. Go to [www.facebook.com](http://www.facebook.com) and search Dr. Blaine Langberg Orthodontics/Ridgefield CT.