



Help!



What should I do?



EMERGENCIES!

Braces are generally very safe. Occasionally, emergencies arise.

We try hard to be available to assist you if there is a problem. There is always an emergency number on the answering machine. We have listed some common problems and some possible ways to improve them. It is imperative that you let us know if you have a problem so that we can plan accordingly. Otherwise, injury can result or treatment could be delayed. You can PREVENT problems by avoiding hard and sticky foods.



Should I call?

DISCOMFORT:

When teeth move, they can become sore. This is normal, and it usually lasts several days. Each person will have a different degree of soreness. We recommend that our patients take whatever they normally take for a headache. If the pain becomes severe or lasts for more than several days, please let us know.

'STICKY':

We have provided you with wax for just this sort of problem. Attempt to dry the area first, and then place wax on the irritating area. Another option is to pack the area with a piece of moist cotton. These ideas can help you adjust to an area, or it may be a temporary solution until you are able to see us for a more permanent correction. If you are unable to see us, you may be able to cut the wire with fingernail cutters or bend it with a small object that is not sharp. Be careful; do not cause any more damage or pain.

ULCERS:

Will this start to hurt?

Ulcers can arise anytime, but they are especially prevalent during times of stress. Braces can make ulcers even more uncomfortable. First, try applying wax to the area. If the problem persists, please contact us and we will recommend other solutions. Over-the-counter medication for ulcers is helpful but only when applied as the ulcer is forming.



BROKEN BRACKET/LOOSE BAND:

Good news; if this is not causing discomfort, this is not an emergency. Please call us anyway so we can fix your appliances and properly schedule your next appointment. If you are experiencing discomfort and cannot come see us, attempt to remove the bracket by cutting the small rubber band that is holding the bracket to the wire (with fingernail cutters). Remember, you need to call so we can prepare for your next appointment.

Will it get better?

BROKEN ARCHWIRE:

If an archwire breaks, please contact us. If you cannot come see us, determine if the wire will move and cause injury. If there is risk of discomfort, try to remove the wire by pulling it or by cutting it free with fingernail cutters. Please be careful when doing this.



PLEASE DO NOT HESITATE TO CALL FOR ANY REASON.

WE WANT TO MAKE THIS A GREAT EXPERIENCE FOR YOU!

We hope you never need these instructions.

Office: 282-6436 Visit our Website at gardnergrins.com Mobile: 263-4716