



General guidelines:

If you encounter intolerable discomfort or problems on a Friday or weekend, call the office and retrieve the message. The message will contain emergency phone numbers where you can reach someone for help.

If you are experiencing discomfort when the weekend is approaching, try to call the office immediately and schedule a visit to avoid having a problem when the office is closed. Mild discomfort may escalate and become an intolerable problem over the weekend.

If the problem is related to sharp areas or something irritating cheeks or lips, it is often helpful to try alleviating the irritation by placing wax over the problem area of the braces to create a smooth surface against which the lips and cheeks can rest. Also, it is often helpful to keep wax in place at night because injuries often occur unknowingly when sleeping.

Problem: Experiencing a source of irritation way in the back against cheek(s)

This is likely the main arch wire which has extended out the tube of the last bracket. This will likely get worse and won't get better until the wire is either cut or moved back into its proper position. Do not attempt to fix this yourself as you will likely damage your braces. Try getting through the night or weekend by placing wax over the sharp area(s). If you need immediate assistance, call the office and retrieve the emergency numbers.

Problem: Something has become very loose:

This is not an emergency unless you are experiencing intolerable discomfort. Call the office during regular business hours to schedule an appointment at your earliest convenience.

Problem: One or several of the colored elastic ties are missing.

This is not an emergency but you should call the office during regular business hours to schedule an appointment at your earliest convenience to replace these ties.

Problem: Something very sharp is poking/irritating lips or cheeks

This is likely to be one of the metal "twist-ties" which has been accidentally bent outward. You can probably fix this yourself by simply pushing it in toward your tooth so that it does not poke outward into your lip or cheek. Try using your finger nail or the eraser head of a pencil. If you can't see or reach it, try having someone else look in there and do it for you. Only very gentle pressure should be needed and don't force it. If you cannot easily fix it, try placing wax over the sharp area to alleviate the sharpness. This is not an emergency unless you are experiencing intolerable discomfort. Call the office during regular business hours to schedule an appointment at your earliest convenience.