

Retention



Following the statement issued by the UK government and Public Health England, all routine orthodontic appointments are currently suspended. Unfortunately at this time we will be unable to provide replacement retainers, however once we are advised that it is safe to resume routine service we can arrange an appointment at the practice. We apologise for this inconvenience, which is outside of our control.

Problems with my removable retainers

Q. My retainer has broken/distorted/has been lost/eaten by a dog and I need a new one, what should I do?

A. If it is possible, continue to wear the current retainer until we are able to see you. If there is a piece that is too loose and is a choking hazard then this would not be advised. If the retainer is distorted in areas and you need advice on what to do then please contact us and send a picture, we can try to help.

Q. My removable retainer/s have cracks/splits/holes in them, is this a problem?

- Cracks - you may find that there are some hairline cracks on the biting surfaces of your retainer, this is ok until they become large and/or cause splits along the retainer.
- Holes - sometimes you will find that there are small holes appearing on the biting surfaces of the teeth, this is ok until they become large and/or cause splits along the retainer
- Splits - what we look for with splits is that they are not opening when they are seated (placed over the teeth). If the split is opening when seated then this may mean you need a new retainer. If it is sitting flush then hopefully this is ok for a while and it is still holding, however we cannot guarantee this.

If at all you are unsure, please send pictures of the retainers in the mouth, of the concerned area and also out of the mouth.

Problems with my fixed retainer

Q. Some glue has come away from my fixed retainer, what should I do?

A. you will need to ensure that you are wearing your removable retainers for a minimum of 10/12 hours per day. As long as you are wearing your removable retainers there shouldn't be any movement. If your retainers are feeling tight in the area where the glue has come away, or in any area for that matter, then you must increase the wear of your retainers.

Q. My bonded retainer has come away completely

A: you will need to make sure you are wearing your removable retainers every day for a minimum of 10/12 hours.

Q. Part of my bonded retainer has come away and is hanging down, what can I do?

A: if you are currently wearing your removable retainers full time, then this will hold it in place during this time. If you are wearing your removable retainers nights only then dry the area really well and try the wax to hold it in place so not to irritate you during the day. If you wanted to you could wear removable retainers throughout the day but remove them for eating and drinking anything other than water. If at all you are unsure, please email pictures of the retainer and we will get back to you.

Active treatment

Following the statement issued by the UK government and Public Health England, all routine orthodontic appointments are currently suspended. As long as you are looking after the brace and ensuring that your oral hygiene (tooth brushing) is of a high standard, then there is not an issue with the brace remaining in situ. Delaying treatment would not have detrimental effects to the teeth, the specific high tech wires that we use are designed to continue to apply light continuous pressure so will work as expected. To avoid breakages please remember to look after your brace by sticking

to the softer versions of foods, avoid biting nails, pen lids etc.

Problems with my fixed brace – Please remember to wash your hands and any items you may be using appropriately before and after.

Q. I have a fractured bracket, does it need to be rebonded?

A: No. If the bracket is on the wire then leave it there, after brushing your teeth you can place some wax on it, if it is required to stop it from swivelling around on the wire. If the bracket has come away from the wire then it is ok to leave.

Q. A bracket is causing irritation, what can I do?

A: A small amount of non-medicinal relief wax makes an excellent buffer between the brace and mouth. Simply dry the affected area with a piece of kitchen roll or cotton bud so it's free from saliva, and place a pea sized amount of comfort wax over the area of the brace which is causing irritation. It is important to warm the wax between your fingers to make it malleable. Eating will then become more comfortable (do avoid hot drinks as this will melt the wax). If the wax is accidentally ingested please don't worry, as the wax is harmless.

Q. A bracket is broken on the wire, causing irritation, and I want to remove it?

A. If you feel you need to remove the bracket then you may be able to use a pair of tweezers. This will be easier with the Damon Appliance. You can gently press down or twist above the gate of the bracket, the gate should open easily and you can then remove the bracket from the wire. Coloured-bands braces may be a little more tricky- you can dislodge the bracket after the coloured-band is removed

Q. I have swallowed one of my brackets.

A: Please do not be alarmed if you have swallowed one of your brackets, it will pass through naturally without causing any internal concerns.

Q. Will my tooth move if I do not have a broken bracket rebonded?

A: If it is a bracket that was attached to the wire then this is a possibility, however this is not a major concern and can be rebonded at a later stage. To avoid breakages please remember to look after your brace by sticking to the softer versions of foods, avoid biting nails, pen lids etc.

Q. My clear elastic chain has come loose, what shall I do?

A: This elastic chain is ok to leave if it's not causing any irritations. If the chain is flapping around then you can trim the chain with a pair of clean nail scissors/clippers.

Q. An auxiliary (zingstring, coilspring, etc.) has come loose/lost, what shall I do?

A: It is ok to leave at this stage if it is not causing any irritation.

Q. My wire has slipped to one side and is digging into my cheek, what can I do?

A: If you have recently had your appliance fitted the wire will be relatively flexible and you can try using your thumb nail, back of your toothbrush or the back of a teaspoon to gently push the wire back around.

Q. My wire is sticking out, what should I do?

A: If you have recently had your appliance fitted the wire will be relatively flexible and you can make the wire comfortable by tucking it under the hook of your very back brackets. You may even be able to re-insert the wire if it is relatively flexible. You may need to place some wax in the area to keep it in place. We would not suggest that you trim your wire in case you make it worse for yourself. If you take a photo of the area and email it into the practice we can advise you further. If your brace has been on for some time you are likely to be in a strong wire which in this case it will not be possible for you to trim the wire at home but it is more likely that the wire will just sit alongside the teeth.

Q. My wire is protruding out between 2 brackets, what should I do?

A: If you have recently had your appliance fitted the wire will be relatively flexible, using the pad of your finger gently press in the area of the protrusion and the wire should slide back into place. Alternatively you may wish to use a pair of tweezers and try to slide the wire. If you are unsure what to do then please send a photo and we will try and help you further.

Q. My wire is too strong and I cannot trim it

A: If the wire you have in place is a strong wire then it will not be possible to trim it yourself. The best thing is to use wax to protect your cheeks from the sharp end. If you are unsure what to do then please send a photo and we will try and help you further. If possible try to assess whether the wire is long or if it has slipped around, check the other side and see if it has come out of the very back bracket. You might need someone to help you.

Q. The end of the wire is causing irritation, what can I do?

A: A small amount of non-medicinal relief wax makes an excellent buffer between the brace and mouth. Simply dry the affected area with a piece of kitchen roll or cotton bud so it's free from saliva, and place a pea sized amount of comfort wax over the area of the brace which is causing irritation. It is important to warm the wax between your fingers to make it malleable. Eating will then become more comfortable (do avoid hot drinks as this

will melt the wax). If the wax is accidentally ingested please don't worry, as the wax is harmless.

Q. My wire has broken, can I pull it out?

A: it is not advised that you try to pull wire out of your brackets, if it is not causing you any discomfort then it is ok to leave. If you are concerned then please email a photo of the area and we can advise you from there. However if you feel it necessary to remove part of the wire that is broken, you may be able to do this with a pair of tweezers.

Q. My wire ligature(wire ties, not the main wire) has become loose, and/or sticking out into my lip. What can I do?

A. If the ligature is loose, simply remove it with tweezers. If the wire ligature is sticking out into the lip, but is not loose, it can be bent back down with a cotton bud or pencil eraser to eliminate the irritation.

Q. My teeth have started to cause discomfort? Should I be worried?

A: No you should not be concerned regarding discomfort coming and going, the arch wires we use specifically continue to gently move the teeth. If you do have any discomfort have softer foods, cold drinks and foods, and painkillers you would take for headache (please DO NOT use Ibuprofen). If you feel this discomfort to be excessive then please email the practice.

Q. My teeth feel mobile, should I be concerned?

A: With orthodontic treatment teeth are actively moving through bone, resulting in teeth moving and causing some mobility, so this is normal, please do not worry. If you are concerned that a particular tooth feels more mobile than normal then again please email, send a picture and we can review why this might be the case.

Q. I have a tingling lips, cheek irritation, and swelling of the lips, what should I do?

A. If you are wearing elastic bands please stop wearing them immediately, take a pariton and see if this helps, If you are not wearing any elastics, please send a picture into the practice for further advice, if your brace was fitted over over 3 or more days then it is very unlikely to be a reaction from the appliance. If the irritation is causing respiratory problems **ring 111 for advice or in an emergency dial 999.**

Q. Trauma to my face and brace what should I do?

A: If you have fallen or hit your face resulting in severe trauma to the soft tissues, teeth and/or appliance

- o Firstly you could send in a picture to our email address showing the area of damage so we can give advice.
- o Contact 111 regarding severe facial damage.

Problems with my elastics

Q. Should I continue to wear my elastics?

A: please continue to wear your elastics as we have asked you to do. When you are running low on elastics please email/message us with pictures so we can assess on how to proceed.

Q. What if my hook for elastics has broken/come away?

A: if you can place the elastic around your bracket do so, if this keeps coming off then don't worry and stop wearing all elastics. If you are supposed to be wearing elastics on both sides, do not wear just on one side, stop completely.

Q. What if the bracket I attach my elastic to has broken?

A: at this stage we will not be rebonding any brackets so stop elastics completely. If you are supposed to be wearing elastics on both the right and the left, do not wear just on the one side, you will need to stop completely. You could email/message us pictures for us to assess if any alternative options are available.

Q. I am running out/or have run out of elastics. What should I do?

A: Please email/message the practice, let us know which ones you are wearing and we will post them to you for the postage fee (£1.00). We will need postage details.

Problems with my turbos/bite blocks

Q. My turbos have worn down and I am contacting my lower brackets when biting

A: try to be careful when biting, Try not to bite tightly together. Usually when you are relaxed the teeth are not in full contact anyway.

Q. I have lost one turbo from one side but the other one remains on the other side, does this matter?

A: you should try and bite directly on to that one turbo and try not to slide on it. Even though it will feel strange biting on just the one, it will still be helping free the bite.

I was due to have my braces removed and now it has been postponed

Q. I was due to have my brace removed and it has been postponed. What will happen if I try to remove it myself?

A: **DO NOT ATTEMPT TO REMOVE YOUR FIXED APPLIANCE** it is very irresponsible for you to attempt the removal of your brace, if you try this you may damage the teeth in

the process. We will contact you to arrange to remove your brace when the practice has been advised that it can resume routine treatment.

Q. My appointment to have my brace removed has been delayed, should I continue to wear my elastics?

A: Please continue to wear your elastics in the same position as we have asked you to do, however reduce the wear to night time only.

Q. Will keeping my brace on longer cause any problems to my teeth?

A: as long as you are looking after the brace and ensuring that your oral hygiene (tooth brushing) is of a high standard, then there is not an issue with the brace remaining in situ. If anything, the wires are continuing to hold the teeth where we want them to be and help to allow the teeth to get used to their position.

Problems with my removable brace/Aligners (Invisalign)

Q. I am wearing currently having Invisalign treatment and I don't have my next aligner...what should I do?

A: Continue to wear your current aligner for 22 hours a day, this will hold the teeth in their new position. It may be that we can post your next aligners but this would need to be confirmed by Dr Sitlu and would require photos with your current aligners in situ.

Q. My Invisalign aligner broke/ has been lost, what shall I do?

A: If your current aligner you are wearing is broken, then it would depend on how long you have been wearing it. If it was only 2-3 days then, it may be a good idea to go back to wearing your previous aligner until a replacement aligner is supplied. If you have been wearing the lost/broken aligner for 5-6 days then normally it is safe to continue with the next aligner you have been given. It may just feel tighter than normal but we would advise that you wear this for the whole week PLUS the extra days needed to make up the previous week.

Q. I have lost an attachment from my teeth, what should I do?

A: continue to wear current aligner and do not move on to next aligner until you are able to contact the practice for advice

I don't have any wax

Q. Can I buy wax from the shops?

A: It isn't commonly available but some larger Boots stores may stock orthodontic wax. It may also be available online.

Q. Please could you post me some wax?

A: Yes of course for a £2.00 fee and £1.00 postage charge.

Delayed appointments

Q. Delaying my adjustment appointments, will this have detrimental effects on my teeth?

A: Delaying treatment would not have detrimental effects to the teeth, The specific high tech wires that we use are designed to continue to apply light continuous pressure so will work as expected. The only detrimental effects would be poor oral hygiene, which can damage the enamel. Please keep up with good oral hygiene (good brushing).

Should you have any further questions, please contact us via email: kinverortho@aol.com or message 07728 204510 and Dr Sitlu will be more than happy to assist you with orthodontic queries.