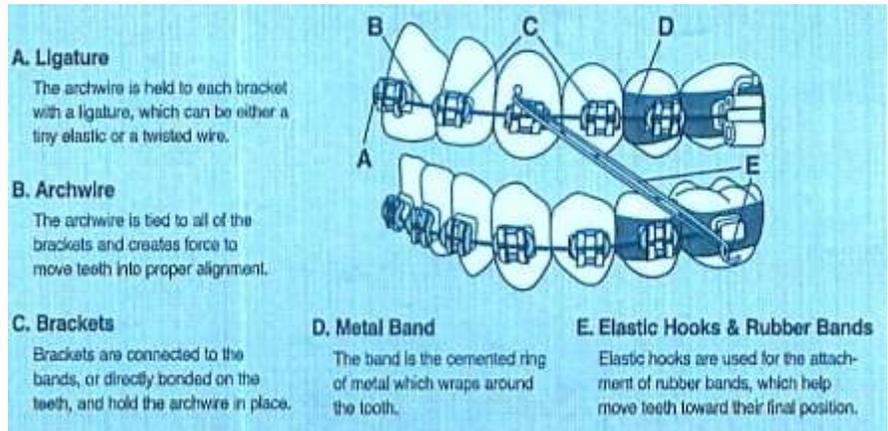


A GUIDE FOR HANDLING ORTHODONTIC EMERGENCIES FOR SCHOOL NURSES

What you need:

- Non-medicated orthodontic relief wax
- Dental floss
- Sterile tweezers
- Small, sharp clipper
- Q-tips
- Salt or Rinsinol
- Interproximal brush
- Toothpicks
- Topical Anesthetic (Oragel)



Emergency Treatments - Most of the following orthodontic emergencies are easily treated for comfort, and only require a follow up at the orthodontist. Only severe emergencies, which are rare, will require immediate attention by an orthodontist.

Discomfort- It is normal for a patient to have discomfort for a few days after braces or retainers are placed or adjusted. Patients may find difficulty in eating foods. Please let the patient know that this is normal and only temporary. Encourage soft foods for the time being.



Food caught between teeth-This is not an emergency, but it can be uncomfortable or embarrassing. This can be easily remedied with a piece of dental floss, a proxy brush or a toothpick.



Ormalast or Ligature is off-Tiny rubber bands(ormalast) or small, fine wires (ligature)are used to hold the wire to the bracket. If a rubber ormalast comes off, you may be able to put it back using tweezers. If a wire ligature comes loose, you can remove it with sterile tweezers. If the ligature is poking but not loose- you can bend it back down with a q-tip or pencil eraser. Have patient's parent or guardian contact the orthodontist so they may advise if patient needs to be seen.



Mouth sores- Some patients are susceptible to mouth sores. While braces and appliances do not always cause them, they may be exacerbated by them. This can be uncomfortable for the patient. Prompt relief can be achieved by applying a small amount of oragel to the ulcerated area. Wax can also be applied to offending bracket or appliance in the area of discomfort. Patient may also rinse with Rinsinol or salt water. Have patient's parent or guardian contact orthodontist to see if patient needs



Lip or cheek irritation- Sometimes new braces can irritate a patient's mouth , especially when the patient is eating. A small amount of orthodontic wax applied to the offending area makes an excellent buffer. Simply pinch off a small piece and roll into a ball the size of a pea. Flatten the ball and place it over the area of braces causing the irritation. Make sure that the area where you are placing the wax is dry of saliva. If the patient accidentally ingests the wax, this is not a cause for alarm. The wax is harmless.



Protruding wire- Occasionally, a wire will work itself out of place and irritate a patient's mouth. It is possible to take a q-tip or pencil eraser to push the wire back in towards the tooth and way from the cheek. If the wire will not push back, place wax over the offending wire. In a situation where the wire is extremely bothersome, you may clip the offending wire using a pair of sharp clippers, as a last resort. If unable to provide patient relief, have patient's parent or guardian contact the orthodontist office to schedule an appointment to be seen.



Loose brackets or bands- Brackets are the parts of braces that are adhered to the patient's teeth with a special adhesive. These can be knocked loose by a patient eating a food item they have been instructed to avoid, or if they are struck in the mouth while at play. (We encourage all patients to wear a mouth guard during sports activities) If a patient has a loose bracket and is in no pain or discomfort, advise patient's parent or guardian to contact the orthodontist to see if patient needs a special appointment to repair. If the patient is in discomfort, you can remove the bracket from the wire or place orthodontic wax over the offending bracket- have the patient's parent or guardian contact the orthodontic office to schedule an appointment. Bands are pieces of metal that completely encircle a patient's tooth, typically on a molar, that are adhered with a special adhesive. If a patient's band becomes loose and can move up and down on the molar, advise patient to leave band in place and not to play with it. Have patient's parent or guardian contact the orthodontist office to schedule an appointment to readhere.

While these are not necessarily all the types of orthodontic emergencies that you may see in patients, these are the most common. As in all situations, if the patient seems to be having an allergic reaction or a serious emergency, please follow your standard emergency procedures and have the patient's parent or guardian notify their orthodontist's office.

