

Braces first aid

What to do until you can reach your orthodontic office.

A wire is poking

Cover the end with orthodontic wax. Call your orthodontic office the same day.

A bracket is loose or broken

Rinse with warm salt water. Do not pull it off yourself. Call the same day, since a loose bracket can delay treatment.

Brackets are rubbing your lips

Roll a small piece of orthodontic wax into a ball, flatten it over the bracket, and replace it before each practice or game. Musicians playing brass and woodwind instruments use the same trick.

A tooth is knocked out or badly broken

Go to emergency dental care right away. Handle a knocked-out permanent tooth by the crown, not the root, and keep it moist. Call your orthodontic office afterward so they can check the braces.

Before sports

Wear a mouthguard that leaves room over the brackets. Take clear aligners and removable retainers out and put them in their case in your bag, not in a pocket.

Oasis Orthodontics 780-457-5566

My orthodontic office and number: _____

Emergencies involving a head injury, heavy bleeding or trouble breathing need emergency care first. Call us afterward.