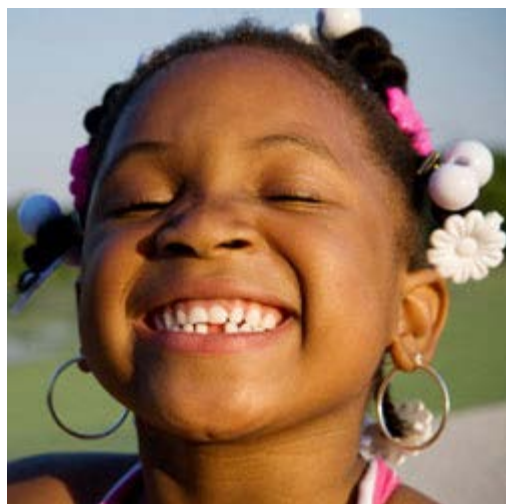


## WHAT TO DO AT HOME

### ***Tooth Ache***

Begin by cleaning around the sore tooth meticulously. Using warm salt water, rinse the mouth to displace any food trapped between teeth. **Under no circumstances should you use aspirin on the aching tooth or on the gum.** In the event of facial swelling, apply a cold compress to the area. For temporary pain relief, acetaminophen is recommended. Please contact us for an appointment if the pain persists more than a day.



### ***Cut or Bitten Tongue, Lip or Cheek***

Ice can be applied to any bruised areas. For bleeding, apply firm (but gentle) pressure with sterile gauze or a clean cloth. If the bleeding does not stop with pressure or continues after 15 minutes, go to an emergency room.

### ***Broken Tooth***

Rinse the area with warm water. Put a cold compress over the facial area of the injury. Recover any broken tooth fragments. Seek immediate dental attention.

### ***Knocked Out Permanent Tooth***

Recover the tooth, making sure to hold it by the crown (top) and not the root. Rinse, but do not clean or handle the tooth more than necessary. Reinsert the tooth in the socket, and hold it in place using a clean piece of gauze or cloth. If the tooth cannot be reinserted, carry it in a cup containing milk or water. Because time is essential, see a dentist immediately.

### ***Cold or Canker Sores***

Over-the-counter medications will usually provide temporary relief. If sores persist, visit your dentist.

### ***Broken or Loose Appliance***

Call our office as soon as possible if you break or loosen any of your appliances. Please do not come directly to the office - by calling us, you will allow us to create a time to see you. Even if you have a regular appointment scheduled, call us immediately to notify us if you need an appliance repaired.

### ***Loose Brackets or Bands***

Call our office immediately for advice if a bracket or wire is loosened. The bracket may need to be re-fitted as soon as possible. You may have a situation that requires cutting a wire or sliding a bracket off a wire at night or over the weekend. If you need to cut a wire in case of emergency, you may use fingernail clippers that have been washed and sterilized in alcohol. Please call our office the next business day, so that we may schedule an appointment for you.



### ***Wire Irritations***

Sometimes discomfort caused by a wire on your braces can be resolved by moving the wire away from the irritated area with a cotton swab or eraser. If the wire will not move, try covering the end of it with a small piece of cotton or a small amount of wax. If the wire is painful, you can cut it with nail clippers or scissors that have been washed and sterilized in alcohol. If you cannot resolve the wire irritation, call our office for an appointment.

### ***Lost Separators***

Most patients lose a separator during their treatment. Do not worry about losing a separator, but call our office to see if it needs to be replaced.

### ***Discomfort with Orthodontic Treatment***

During the first week after your braces are in place and after routine adjustments are completed, you will likely feel some pain, soreness or discomfort. You may take acetaminophen or other non-aspirin pain relievers while you adjust to your new braces. A warm wash cloth or heating pad may reduce the soreness in your jaws.