



# HOW TO DEAL WITH AN ORTHODONTIC EMERGENCY

## Minor Orthodontic Problems

The vast majority of problems with your orthodontic treatment will be minor, and many can be handled entirely over the phone. But also these can cause discomfort or impair your treatment and you should call the helpline to determine the best course of action.

The following problems qualify as a minor orthodontic emergency:

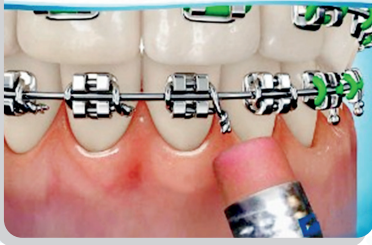
### Loose or Broken Braces:

If a wire, bracket, or band in your braces breaks or loosens and is causing you discomfort, you can cover them with a piece of dental wax until you see your orthodontist. If the piece is still attached to your braces, leave it in place and avoid touching it until your repair appointment. If it falls out of your mouth, pick it up and bring it with you to your appointment.



FOR MORE INFO. ON CORONAVIRUS DISEASE 2019 (COVID-19)  
visit [www.moph.gov.qa](http://www.moph.gov.qa) or call 16000

Use a pencil eraser to push in ligature wires that are causing lip or gum irritation.



## Discomfort from Pointy Archwires, Ties, or Brackets:

If the archwire – the thin, springy metal wire running through your braces, shifts position and begins to poke your mouth, try using a clean pencil eraser, Q-tip, or a sterilized pair of tweezers to move it to a more comfortable position. If that does not work, try covering the area with dental wax. As a last resort for serious discomfort, you can clip the wire with a sterilized pair of nail clippers but please call us before attempting this.

## Toothaches or Loose Teeth:

As your braces move your teeth, you may experience some discomfort or soreness in your teeth or gums. This is normal and shows that your braces are working and the discomfort usually fades within a few days. You can try rinsing your mouth with warm salt water and taking regular painkillers. However, if the pain is more than you can handle or you notice it getting worse or not going away, it could be a more serious issue and you should call the helpline.



## What counts as a Major Orthodontic Emergency?

Serious orthodontic emergencies are rare and indicate a possibility of damage to your teeth, jaws, or mouth. The main major orthodontic emergencies include:

- An injury or other trauma to the mouth, teeth, or the face
- Swollen or infected gums or any other infection or serious swelling in the face
- Severe, unmanageable pain in the mouth or face



If you experience any of these problems, please do not wait to call the helpline for advice. A dentist can determine the severity of your situation and schedule an emergency appointment if needed.



FOR MORE INFO. ON CORONAVIRUS DISEASE 2019 (COVID-19)  
visit [www.moph.gov.qa](http://www.moph.gov.qa) or call 16000