

PROBLEM	HOME SOLUTION	CALL US?
LOOSE BAND OR BRACKET	If band or bracket is still attached to wire, leave in place. If uncomfortable, place wax on it. If it comes out completely, wrap brace or bracket in tissue.	Yes
LOOSE WIRE	Try to place wire back in place with tweezers. If that is not possible, clip wire with fingernail clippers behind last tooth to which it is securely fastened.	Yes
LOOSE APPLIANCE	If appliance is sticking or poking, place wax on it.	Yes
POKING WIRE	Push sticking wire down with spoon or eraser. If not possible, place wax on it. If this does not work, make an appointment to have it safely clipped.	Maybe
SORENESS	Soreness is normal! Warm salt water rinses and/or Tylenol®, or Ibuprofen can help.	No
LOST TIEWIRE OR ELASTIC TIE	Notify us at next appointment.	No
FOOD CAUGHT BETWEEN THE TEETH	Tie a knot in some dental floss and run it through the gums to remove any food caught between the teeth and braces. Or, use an interproximal brush. Call the office if you are unable to remove a hard piece of food that is severely lodged into the gums causing puffiness or pus.	Maybe
MOUTH SORES	While braces don't cause mouth sores, they can certainly exacerbate them. Using a small amount of Oral-Gel directly on the sore can help in combination with wax on the braces.	No
IRRITATION OF LIPS OR CHEEKS	Irritation of the tissues can occur for a little while whenever something new is placed in the mouth. Placing wax on the area causing the soreness can help.	No