

# Covid-19

Due to the Covid-19 pandemic we have had to suspend all appointments during the lockdown period.

**We will not be able to see you if you have a problem with your brace so please find below a list of some of the most common problems you may encounter during this period and how you can deal with them:**

**Most orthodontic appliances can be left in situ for some months without detriment to the patient if the patient continues with the usual after care instructions:**

**Exemplary oral hygiene** – brushing 2 to 3 times a day with a standard toothbrush, followed by interproximal brush use.

**Low sugar diet** – Where possible avoid all snacking on sugars and drinks, especially fizzy drinks

**Avoid sticky and/or hard foodstuffs** – as this could break the brace (brackets) or fracture the wire.

Continue to wear your removable orthodontic appliance as instructed.

Continue to wear your retainers as instructed.

## **Patients with Fixed appliances:**

### **Loose bracket:**

The attachments on the teeth (little metal or ceramic squares) can come off the tooth and can slide on the wire. If this happens you can leave the bracket on the wire if it is not causing you any discomfort or remove the bracket off the wire if it is uncomfortable to leave on. You can then leave as is until we see you at your next visit.

### **Loose elastic or elastic chain has come off the brace:**

This can be made comfortable by cutting the extra part of the chain if it is irritating and leave it alone until your next routine appointment.

### **The elastic ring holding the wire:**

This can be left until your next routine appointment.

**Wire at the end of the brace is digging:**

If any member of your family can assist you in cutting the extra part of the wire with clean/sterile nail clippers, scissors or small pliers then this should resolve the problem. Otherwise you can place some wax on the wire to cover it, if you have no wax available use sugar free chewing gum as a good alternative.

**The brace is rubbing against the cheek:**

Use the wax to cover the sharp part of the brace, if you have no wax available use sugar free chewing gum as a good alternative.

**If you have been advised to wear elastic bands on your fixed appliance and your appointment with us was cancelled:**

Continue to wear until you run out of elastics

**Patients with removable appliances:**

**If your removable appliance is not fitting anymore or if it is broken:**

Please contact for advice (07891 649 268)

**If your appliance is lost:**

Please contact for advice (07891 649 268)

**Patients with removable retainers:**

**If your retainer is lost:**

Please contact for advice (07891 649 268)

**If your retainer is broken or is not fitting very well:**

Please contact for advice (07891 649 268)

**Patients with fixed retainers:**

**If your fixed retainer has become detached**

Please contact for advice (07891 649 268)

**Patients having Invisalign treatment:**

**If you lose your aligner:**

You can start wearing the next aligner if you have been in your current aligner for approx 4 days, otherwise go back to your previous aligner and make contact for advice (07891 649 268)

**If you have worn all the aligners we provided you with:**

Continue wearing your last aligner and contact for advice (07891 649 268)

**If you have just finished wearing the last aligner in your treatment:**

Wear your last aligner at nighttime only as a retainer and contact for advice if needed (07891 649 268).

**If an attachment has come off the tooth:**

Continue wearing your aligners as usual and inform us at your next routine appointment.

**If you have any other problems with your braces or retainers please do not hesitate to make contact for advice (07891 649 268).**