

BOS Covid-19 Orthodontic Emergencies Protocol

In light of the most recent evidence on the spread of covid-19 in relation to AGPs, the PPE available and to prevent transmission of the disease, we have created an emergency orthodontic protocol to deal with all but the most urgent orthodontic problems. 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 3 times a day with their standard toothbrush, followed by interproximal brush use. As an adjunct, use of a fluoride mouthrinse eg. Fluoriguard (225ppm), once a day.
- Low sugar diet - Where possible avoid all snacking on sugars and drinks with ADDED SUGAR. Fizzy drinks should be avoided in particular.
- Avoid hard, sticky and hard foodstuffs that could break the brace wire or fracture brackets (debond) off a tooth.

Common 'emergency' brace problems and solutions:

(If you are an orthodontic patient follow the advice contained here. PLEASE where possible contact the practice first to ensure that you are carrying out procedures safely and not producing other aspects of your orthodontic appliance).

WIRES DIGGING IN

- If a thin wire, it may be possible for the patient or family member to use tweezers to replace wire in the tube/band or tweezers and a nail clipper/scissors to shorten the long end
- It may be that a thin wire is the correct size but may have rotated round the teeth so that it is short on one side and long on the other. Using tweezers a pencil with a rubber on the end or a teaspoon, it may be possible to push the wire back round to prevent the long end digging in.
- If the wire is very thick and stiff it may not be possible to cut the wire with home instruments. If this is the case it may be necessary to cover the wire to prevent it being sharp. Relief wax/silicone may be sent to you or you can buy it online (Orthodontic Wax) Failing that using a wax covering from hard cheese (baby-bell, cheddar), Blue tack or even chewing gum may help

BROKEN BONDED RETAINERS

- Push wire back down towards the tooth as much as possible. (Fingers or tweezers)
- Cover with best medium available (Ortho wax, Cheese wax, Blu tack, chewing gum)
- Cut the exposed unbonded wire using tweezers and nail clippers/scissors
- Gently pull the wire to remove the whole retainer
- Advise greater use of removable retainers if present

LOST RETAINERS

- Call us – it may be that we have access to your final moulds and can make a new retainer remotely which can be posted out to you

IPSWICH ORTHODONTIC CENTRE

- If it is not possible to get a replacement retainer you could consider ordering online a 'boil in the bag' (heat mouldable) gumshield to use and wear at night to reduce the risk of relapse (unwanted tooth movement). It should be noted that these appliances aren't specifically designed to hold teeth in position so the manufacturer cannot be held responsible for any relapse.
- Please contact your us before investing in this strategy to ensure all aspects of this compromise for retention are understood

GOLD CHAINS

- If the gold chain was recently place and is now dangling down, it may be possible to cut it short. Gold is quite a soft metal and it may be possible to cut the chain using some nail scissors or nail clippers. Always hold the loose end with tweezers or similar item. If possible leave at least 5 links through the gum so it can used later by your orthodontic team
- If you have a none dissolvable coloured stitch discuss with your us about the feasibility of removing it at home using nail scissors to prevent a minor infection in the gum.

ORTHOGNATHIC POST-OP

- Discuss with your local hospital team your specific concern/problems for the best advice
- Consult yourjawsurgery.com for general post op advice
- Stop or reduce post surgery elastic wear as advised by your Healthcare Professional

ALIGNER THERAPY

- If you are on your final current aligner and it is broken or ill fitting, step back to your previous aligner
- If you have run out of aligners contact us as we may be able to post more out to you.
- Contact us for advice if unsure

BRACKET OFF

This is not urgent unless it is causing trauma to the soft tissues.

- It may be possible to guide you on how to remove the bracket from the wire via video if it is causing trauma.
- It may be the possible to leave the bracket if it is not causing any problems at present.
- Contact us for advice if needed.

ELASTIC BANDS

- At this time if you run low or out of elastics we may be able to post you some out
- Reduce wear to night-time only

BAND OFF

- If band is very loose we may be able to talk you through removal of the band and trimming of the wire depending upon your stage of treatment.
- It may also be also be the case we advise you to leave the band in place. If this occurs please ensure you adhere to good oral hygiene and a low sugar diet to prevent decay under the band and around your tooth.

IPSWICH ORTHODONTIC CENTRE

BAND OFF QUADHELIXES, RME, TPA +/- NANCE

- Call us for advice
- Push band back onto tooth if it will locate and ensure you adhere to good oral hygiene and a low sugar diet to prevent decay under the band and around your tooth.

REMOVABLE/FUNCTIONAL APPLIANCES

- Check for comfort and retention
- If unsure about how much to continue to wear the appliance call us to discuss
- If fractured or ill fitting do not wear the appliance

SEPARATORS

- These should be removed at the earliest opportunity - Attempt removal with end of safety pin, small paper clip or wooden tooth pick

TEMPORARY ANCHORAGE DEVICES (TADS)

- Call us for advice - we may assist you in removing

LOST SPRING

- No treatment required

FRACTURED/FRAYED POWER CHAIN

- Accept situation– most powerchain will denature in 4-6 weeks and become passive
- Remove powerchain with tweezers if necessary
- Cut frayed end as short as possible to improve comfort

EXPOSED END OF WIRE TIE – LONG LIGATURE OR SHORT LIGATURE.

- Re-tuck sharp end under wire/bracket using tea spoon or tweezers
- Remove wire if broken with tweezers if possible
- Cut frayed end as short as possible to improve comfort with nail cutters or scissors
- Cover for comfort using Ortho wax, Cheese wax, Blu tack, chewing gum