

# Special Care for Your Braces During COVID-19

## Common Issues with Orthodontic Appliances

Orthodontic offices have reopened, but it may not be possible for you to make an appointment if you have an issue with your braces. Our care tips provide safe methods for caring for your braces until you are able to visit your orthodontist.

**!** My brackets are causing sores on my lips and cheeks.



Place a small amount of orthodontic wax over the offending bracket or broken wire.

It is recommended that you avoid oily and spicy foods until the sores are healed.

**!** I keep getting food stuck in my brackets and it is causing irritation on my lips and cheeks.



With braces and other orthodontic appliances, it is especially important to maintain proper oral care. Use an interproximal brush or Waterpik® to dislodge food stuck in brackets. Do not use sharp objects to dislodge food.

**!** One of my wires is poking out of my bracket.



Place a small amount of orthodontic wax over the offending bracket or broken wire.

Do not attempt to cut or adjust the wire.

**!** My retainer broke.



If your retainer or other removable orthodontic appliance breaks, do not continue using. Keep the piece in water until next orthodontic visit.

Source: Sharan, J., Chanu, N.I., Jena, A.K., Arunachalam, S., & Choudhary, P.K. (2020). COVID-19 – Orthodontic Care During and After the Pandemic: A Narrative Review . Journal of Indian Orthodontic Society, 54(4), 352-365. doi: 10.1177/0301574220964634.