



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.

Wires digging in

Home advice

- 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

Home advice

- 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

Home advice

- Depending on the type of retainer, and whether your models are available, it may be possible for us to order a new one.
- 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. We would discuss this with you.
- If you have broken your retainer but can still wear a substantial piece, you should try to do so.

Aligner therapy

Home advice

- If your current aligner is in good order keep wearing it as much as possible
- If your current aligner is broken or ill fitting, step back to your previous aligner
- If neither option is open to you, ring us for advice. It may be possible to have a new aligner at the correct stage made for you and sent out to you

Bracket off

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

Home advice

- It may be possible your orthodontist can guide the 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. Consider contacting your HPC for advice.

Elastic Bands

Home advice

- At this time if you run low or out of elastics your orthodontist may either send you a some more out via the post or advice cessation of wear.

Band off

Home advice

- If band is very loose your orthodontist 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 your HPC advises you to leave the band in place. If this occurs please ensure you adhere to good oral hygiene and allow sugar diet to prevent decay under the band and around your tooth.

Band off Quadhelixes

Home advice

- Discuss with your orthodontist about the nature of the looseness and take advice accordingly.
- 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

Home advice

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

Separators

Home advice

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

Lost module(s)

Home advice

- o No action required – try and make wire where the module has been lost secure with dental wax, cheese wax or blu tack and chewing gum

Lost spring

Home advice

- o No treatment required

Fractured/Frayed power chain

Home advice

- 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.

Home advice

- 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, sugar free chewing gum.

