



PEDIATRIC DENTISTRY
TEEN & ADULT DENTISTRY
ORTHODONTICS FOR ALL AGES

BROKEN BRACES OR WIRES – ORTHODONTIC EMERGENCY GUIDE

Orthodontic appliances like braces can occasionally break, bend, or loosen. While most issues are not life-threatening, they can be uncomfortable or cause injury if not handled properly. Here's how to manage the situation safely until your child can be seen by a dental professional.

IF A BRACE OR WIRE IS BROKEN

1. **Assess the Situation Calmly**

- Look inside your child's mouth to identify what is broken or loose.

2. **If the Loose Piece Can Be Removed Safely**

- Gently remove it using clean fingers or tweezers.
- *Only do this if it comes out easily without force.*

3. **If It Cannot Be Removed**

- **Do NOT pull or tug** on any attached wire or bracket.
 - Instead, focus on **protecting soft tissues** (cheeks, lips, gums, tongue).
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COVER SHARP OR IRRITATING EDGES

- Use one of the following to cover the sharp or poking area:
 - Orthodontic **wax** (best option)
 - A piece of **cotton** or **gauze**
 - **Chewing gum** (sugar-free if possible)

Have a Dental Emergency? Our Team is Here to Help!

During normal business hours, **call/text: (619) 336-8478**

After hours, call/text our emergency number and leave a message with your name, call back number and message about the issue.

PEDIATRIC DENTISTRY: 619-790-1023 or 619-790-1024

ORTHODONTICS: 619-432-0069
ADULT DENTISTRY: 619-432-0070



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- This protects your child from cuts and irritation while waiting for professional care.
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IF A WIRE IS STUCK IN GUMS, CHEEK, OR TONGUE

 **Do NOT attempt to remove the wire yourself.**

- Trying to pull it out could cause more injury or bleeding.
 - Keep the area covered and stabilized if possible.
 - Take your child to a dentist or orthodontist **immediately**.
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WHEN IT'S NOT AN URGENT EMERGENCY

- If the broken or loose appliance **is not causing pain or injury**, it may not require immediate emergency treatment.
 - Still, contact the orthodontist to schedule a repair visit to prevent future problems.
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PAIN OR SWELLING

- Use over-the-counter pain relief if recommended by your child's healthcare provider.
 - Rinsing with warm salt water may help soothe sore areas.
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PREVENT FUTURE BRACE BREAKAGE

- ✓ Avoid hard, sticky, or crunchy foods (like popcorn, nuts, ice, caramel, hard candy).
 - ✓ Wear a mouthguard during sports or physical activities.
 - ✓ Remind your child not to play with or bend the wires or brackets with their fingers or tongue.
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REMEMBER

- Stay calm — most orthodontic issues are manageable.
- Protect soft tissues and seek professional care.
- Early attention prevents bigger problems, infections, or prolonged treatment time.

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