





# COVID-19 Instructions for Sable and Pepicelli Orthodontists

We have developed this resource to help our patients who are in active orthodontic treatment or retention during our temporary closure due to the coronavirus.

For emergencies you can call us on: 0466 222 641

If you require elastics or wax please email:

sandy@sportho.com.au

			
Braces	Fixed expanders/Holding Wires	Removable bite correction plates	Retainers
<ul style="list-style-type: none"> <li>• For patients instructed to wear elastics, continue to do so. If you require more, please contact us and we can post them to you.</li> <li>• Be careful with eating (no sticky or hard foods) so as not to break any brackets off during this time.</li> <li>• If you have a poking wire, trim it using a nail clipper or apply wax for temporary relief.</li> <li>• If you have a bracket that breaks - it is OK! We will fix it at your next appointment - put wax on it to prevent it from sliding around if necessary.</li> <li>• Brush your teeth twice a day and use the 'Christmas tree brush' at the end of the toothbrush to keep your teeth and gums healthy.</li> </ul>	<ul style="list-style-type: none"> <li>• If your expander requires turning with a key, finish doing the last prescribed turn and stop turning as per the instructions provided to you at your last appointment.</li> <li>• If any sore spots develop, contact us.</li> <li>• Make sure to brush your teeth and keep the appliance clean.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to wear your appliance as instructed.</li> <li>• If any sore spots develop, contact us.</li> <li>• If you lose or break the appliance, please let us know ASAP.</li> <li>• Make sure to brush your teeth and keep the appliance clean.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to wear your retainers as prescribed.</li> <li>• If you lose or break your retainer please let us know ASAP.</li> <li>• If any sore spots develop, contact us.</li> <li>• Make sure to brush your teeth and keep the retainers clean. Brush retainers with a toothbrush and soak fortnightly using denture tablets.</li> </ul>