BERNARDO CALDAS
ORTHODONTICS

Orthodontic Emergencies

Common orthodontic issues

Most orthodontic problems are uncomfortable but are not true emergencies. Common issues include:

• Loose or broken brackets

• Poking or displaced wires

• Loose bands or appliances

• Lost or broken aligners or retainers

• Soreness after an adjustment

• Broken or missing elastics

What to do if something feels wrong

If something is loose, broken, or causing discomfort, please contact our office so our team can determine whether you need to be seen. For temporary relief:

• Use orthodontic wax over a bracket or wire that is irritating the cheek or gums.

• If a wire is poking, gently try to reposition it with a clean cotton swab or pencil eraser and cover it with wax.

• Mild soreness after an adjustment is normal and generally improves within a few days.

• If an aligner is lost or damaged, contact us before moving forward to another aligner unless you have already been instructed to do so.

True emergencies

Severe facial trauma, uncontrolled bleeding, significant swelling, difficulty breathing or swallowing, or another serious medical emergency requires immediate attention. In those situations, call 911 or seek emergency medical care first, then contact our office when appropriate.

After-hours assistance

For urgent orthodontic concerns outside normal office hours, please contact (954) 384-9908. For non-urgent issues, please leave us a message and our team will follow up during regular business hours.