



Australian Society  
of Orthodontists

## Orthodontic Advice for patients during the COVID-19 pandemic

The most recent government announcement has stressed the importance of social isolation to flatten the curve and reduce the spread of COVID-19. Based on advice from the Australian government and local health authorities, the Australian Society of Orthodontists has recommended temporarily closing all practices and rescheduling all appointments to help reduce the risk of spreading the virus.

**No orthodontic patient should attend any clinic at this time.**

While regular monitoring and adjustment appointments are an important part of orthodontic treatment, your orthodontist is working hard to protect the safety of everyone involved and will do their best to keep your treatment on track – including phone consultations, monitoring Apps or reviewing photos in real time.

In the event of an extreme emergency including pain or injury, please contact your treating orthodontist who should be able to provide advice and recommendations on how to resolve most orthodontic treatment problems at home.

### Your orthodontic care kit

Maintain good oral hygiene by brushing, flossing and rinsing your mouth with water as you regularly would and avoiding problematic food and drinks while in isolation. In addition, it is helpful to have the following tools and supplies on hand to support your orthodontic needs as required:

1. **Orthodontic wax** and **non-prescription pain relievers**: To ease discomfort and irritation
2. **Floss, picksters** or **interdental brushes**: To support your oral health
3. **Clean tweezers** and **cotton buds**: In case you need to push wires into place
4. **Small nail clippers**: To cut a poking archwire which can't be pushed back into place
5. **Salt warm water mouthwash**: To disinfect ulcers and ease discomfort

### What to do about lost or broken appliances

First of all, please contact your orthodontist to alert them of the issue and get their advice and recommendations. This will also let them plan for replacement or repair of the appliance in the near future.

You should be able to temporarily address bent or broken wires, lost modules or O rings (the elastic that holds your wire in place) and discomfort using the tools listed above and your orthodontist's instructions.

If you've lost or broken your clear aligner, it may be advised that you continue wearing your last aligner tray until a replacement can be sent out or to progress to your next aligner and to wear it for a longer duration.

**Please contact your treating orthodontist with any further questions or concerns as we work to protect the safety of all our patients, staff and the wider community.**