Standing Way

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Dear Valued Patient

You should have already received communication from the Trust with regard to any forthcoming appointments you have at the hospital and how these are affected by the COVID-19 pandemic.

Whilst we may have had to postpone routine orthodontic appointments at this time, we wanted to write to you and remind you of the guidance and measures you should follow to ensure you remain health while these temporary measures are in place:

* It is prudent to continue to maintain good overall dental health. Tooth decay, gum disease and decalcification (permanent unsightly marks on the teeth) may occur if the mouth is not kept clean during treatment. Your teeth should be cleaned in the morning and at night and after every meal. Using a fluoride mouthwash during treatment will help maintain healthy teeth. Poor tooth brushing will result in damage to your teeth.
* Refrain from consuming hard and sticky foods which can damage the braces and bend the wires, thus stopping tooth movement. This will delay treatment completion. Foods high in sugar content and fizzy drinks lead to tooth decay and decalcification (permanent unsightly marks on the teeth). Care must be taken to avoid these types of food and drink**.**
* It is common to experience tenderness particularly if the brace has been recently fitted or adjusted. Routine pain-relief will help as a temporary measure. Occasionally, patients may also suffer from soreness or ulceration of the gums or lips. If this happens, you can use topical anaesthetic gels e.g. bonjela and warm salty mouthwashes. Additionally, you can apply orthodontic wax directly over the bracket or a protruding archwire for the temporary relief of discomfort (make sure the area is dry). Wax can be purchased online,from supermarkets or chemists.
* If your treatment involves a removable brace, please remember to continue to wear the brace as instructed at your last appointment. Non-compliance will add to the treatment duration. *If you have been instructed to turn the screw in your removable brace please stop doing this until your next appointment*.
* If you are wearing retainers please continue to follow the retention regime that was given to you in your last appointment by the orthodontist.

Whilst we remain closed to routine orthodontic treatment we will still be available over telephone and e-mail communication for emergencies. Any emergencies will be triaged and appropriate advice given on an individual basis. Please try and avoid calling unless absolutely necessary to free staff to contact patients and to attend to other duties during this difficult time. PLEASE DO NOT COME TO THE HOSPITAL UNIT WITHOUT CONTACTING US FIRST. For further insight regarding the COVID-19 pandemic and how this affects the orthodontic service you may visit the British Orthodontic Society at [www.bos.org.uk](http://www.bos.org.uk/). Patient information leaflets relevant to your type of treatment can also be found in the ‘public and patient section’ which, you may find useful.

We appreciate everyone’s support during this difficult time and trust that the above measures will help keep you safe. Wishing you the best of health from all of us at the orthodontic department.

Kind regards

The MKUH Orthodontic Department

Departmental contact number: 01908995308