

PATIENT GUIDE

Loose brackets, poking wires and other small problems

What to do tonight with each of the common braces problems, and which ones need a visit. · 31 Aug 2026

Braces are small and glued on, so occasionally something comes loose or a wire end works its way out. None of it is dangerous. Wax covers almost anything until we can see you, and a short repair visit puts it right. What matters is that you tell us, because a broken part is doing no work.

What to do with each one

THE PROBLEM · WHAT TO DO

A bracket that wobbles or slides along the wire

Leave it on the wire. Cover it with wax if it rubs. Message us so we can book a repair; keep eating soft on that side.

A bracket that has come off completely

Keep it in a bag and bring it to us. Message us for a repair visit.

A wire end poking the cheek

Dry the spot and press wax over the end. If there is no wax, a small piece of sugar-free gum works overnight. We trim it at your next visit or sooner if it is sore.

A wire that has come out of the last bracket

If you can, guide it back in with tweezers or the end of a pencil. If not, wax over it and message us.

A coloured tie that has come off

Not urgent. Mention it at your next visit.

A spring or hook that is bent or loose

Wax if it rubs; message us. These are doing specific work, so sooner is better than later.

A band (ring) on a back tooth that feels loose

Message us. A loose band lets food and plaque under it, so it needs re-cementing within a week or so.

Using wax

Pinch off a piece about the size of a pea, roll it into a ball, dry the bracket or wire with a tissue, and press the wax firmly over it. It stays on through most meals; replace it when it comes off. Swallowing a bit of wax by accident is harmless. Ask us for more whenever you run low.

Message us if

- Anything is loose, broken, or poking and wax is not enough.
- You have swallowed or inhaled a part and are coughing or short of breath: that one is a call to a doctor first.
- A knock to the mouth has damaged the braces or moved a tooth.

Call us on (09)520 1880 or email hello@milkorthodontics.co.nz.

Wax tonight, message us tomorrow, repaired within the week.