

## **COVID 19 – Orthodontic Appointment Cancellations**

Due to the current coronavirus (COVID19) pandemic Shrewsbury and Telford Hospitals Trust has taken the decision to cancel all routine appointments to reduce the number of unnecessary patient contacts and enable us to plan for a possible surge in local coronavirus cases. This decision has been taken in order to protect our patients and the wider public.

We are sorry if this has affected you or your children.

We would like to take this opportunity to reinforce the care and maintenance advice of your orthodontic appliances whilst you wait for a new appointment.

### **Appliance Maintenance**

Delaying orthodontic visits is unlikely to cause any harm, as long as you are brushing your teeth regularly and following the instructions which are summarised below.

- **Fixed Braces** - please ensure that you brush your teeth with fluoride toothpaste (1450ppm fluoride) for 2 minutes after every meal with both your normal toothbrush (manual/electric) and the interdental brushes that you were advised of and shown when the brace was first fitted.
- **Elastics** - Continue to wear your elastics as instructed if you run out then please contact the department and we will advise you accordingly.
- **Removable Appliances and Retainers** –Please continue to use the appliances as you have been advised and ensure that you clean appliances twice a day with a soft toothbrush and toothpaste. We advise you soak your appliance in a chemical cleaner (Retainer Brite or similar) once a week. If you lose or break your retainers and can no longer wear them please contact the department.
- **Mouthwash** - Continue to use an alcohol free daily fluoride mouthwash in between meals as required.
- **Diet** - Avoid frequent intake of sugars or sweetened foods and keep these items to mealtimes only. Avoid eating hard and sticky items and chop up large items into small pieces so as to avoid any unnecessary breakage of your brace.
- **Drinks** - Avoid fizzy drinks and sports or energy drinks all together to reduce the risk of white or brown marks or stains building up on the teeth. The only safe drink is water.

### **Dental Extractions**

- If you were due to have teeth removed as part of your brace treatment and have yet to start your brace treatment please do not proceed with this until you have contacted the department for further advice.
- If you have already had teeth removed by your general dentist and have not yet had your brace treatment started please contact the department as soon as possible for further advice.

### **Emergencies**

- For those who are already in appliances it is of great importance to take extra care to minimise the risk of a need for an emergency appointment.
- If you have an urgent issue with your orthodontic appliance please contact the department.
- Each case will be assessed individually and if possible we will provide advice over the phone or arrange for you to be seen if the issue cannot be effectively managed at home.

### **Future Appointments**

- You will however be placed back on to the appropriate booking list and we hope to contact you soon with a new appointment.
- All cancelled clinical appointments are being assessed with regards their clinical urgency and if we feel that the need to see you we shall be contacting you individually notifying you of this and arranging a suitable time for you to come in.
- If you have an appliance that has not been checked or adjusted in the last 5 months please contact the department and we will advise accordingly.

If you have any other queries or if you are concerned about your treatment in any way, please do not hesitate to contact the department in which you are treated:

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Extension 3106**

**Princess Royal Hospital Telford**

**01952 641222  
Extension 4175**