

Managing your toothache at home...

...until you can get to a dentist



You need urgent treatment if you have:

- facial swelling extending to the eye or neck or floor of the mouth.
- bleeding following an extraction that does not stop after 20 minutes of solid pressure with gauze.
- bleeding due to trauma.
- severely broken tooth, or tooth fallen out with pain.
- toothache that is preventing sleep and/or eating, combined with swelling or fever that is not manageable with pain killers.

Please call the practice if you have a dental emergency as above.

You need to go to A&E if you have:

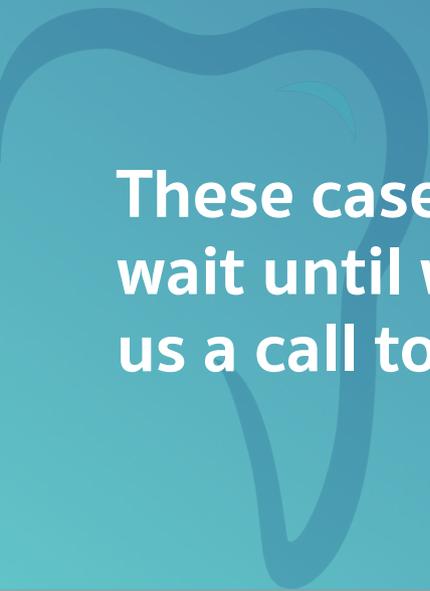
- facial swelling affecting your vision, breathing or preventing your mouth opening more than two fingers' width.
- trauma causing loss of consciousness. double vision or vomiting.



Non-urgent dental care:

- loose or lost crowns, bridges and veneers.
- broken, rubbing or loose dentures.
- bleeding gums.
- broken, loose or lost fillings.
- chipped teeth with no pain.
- loose orthodontic wires.

These cases will unfortunately need to wait until we re-open but please do give us a call to help you manage any pain.



Pain management

- Over the counter pain killers can help; take these in accordance with instructions on the packet.
- Patients who have confirmed COVID-19, or believe they may have COVID-19, should take paracetamol in preference to ibuprofen.



Tooth Sensitivity

- If you have extreme sensitivity to hot or cold, sensitive toothpaste can help.
- You may use the sensitive toothpaste in place of your regular toothpaste but do not rinse out after brushing.
- Rub sensitive toothpaste directly to affected areas before going to sleep and do not rinse, eat or drink anything afterwards.
- Apply every night for 14 consecutive nights.
- Our hygienists recommend:



Colgate Sensitive Pro-Relief



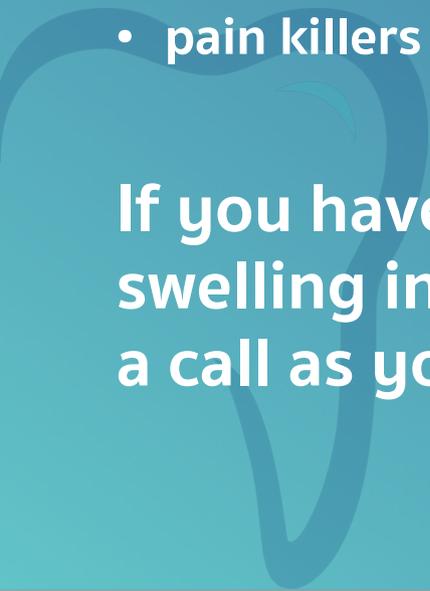
Sensodyne Rapid Relief

Wisdom tooth pain

Most flare ups can be managed with good home care:

- through cleaning, even if painful.
- Corsodyl mouthwash (max. 5 days).
- soft diet.
- warm salt-water mouth rinses (multiple times per day).
- pain killers as necessary.

If you have difficulty swallowing or swelling in your cheek, please do give us a call as you may need antibiotics.



Ulcers

Most ulcers heal within 7-10 days but to ease the pain, try:

- thorough cleaning, even if painful
- warm salt-water mouth rinses (multiple times per day).
- Difflam (Benzydamine) spray or mouthwash.
- Corsodyl mouthwash (max. 5 days)
- soft diet.
- pain killers as necessary.

Rubbing Dentures

Denture adhesives like Fixodent may help secure a loose denture; sharp edges can be filed using an emery board.

Bleeding Gums

Bleeding from gums is NOT a dental emergency; bleeding gums are usually due to gum disease and will not stop until brushing improves.

- brush twice a day with a fluoride toothpaste for two minutes.
- concentrate especially on the areas that are bleeding.
- use floss and/or interdental brushes to clean between your teeth once a day.
- consider switching to an electric toothbrush; our hygienists recommend:

