



IF YOU ARE UNABLE TO GET TO A DENTIST

TOOTHACHE

- Regular painkillers if you need them.
- Good oral hygiene with a fluoride toothpaste and reducing your intake of sugary foods will help ensure any decay won't get worse.

REGULAR PAINKILLERS

- Adults (over 16):
 - Paracetamol - follow package dosage guidelines
 - Ibuprofen 400mg 3 times daily (Do not use if you have Coronavirus symptoms. The same can be said for Aspirin).
 - Co-Codamol 8/500 4 times a day on its own, not with paracetamol or Ibuprofen.

NB: Paracetamol and Ibuprofen can be alternated for maximum pain effectiveness (if you are able to take these).

- Children:
 - Age 12-15: 750mg
 - Age 10-12: 500mg
 - Age 8-9: 375mg
 - Age 6-7: 250mg
 - Age 4-5: 240mg
 - Age 2-3: 180mg
 - Age 6-23 months: 120mg
4 times a day.

Please seek advice from your pharmacist over the phone if you are unsure of what you / your child can take.

BLEEDING AFTER EXTRACTION

- Bleeding tends to respond well to pressure; bite on a clean handkerchief firmly for 30 minutes. If this doesn't work, call us back.
- Pink saliva and a little bit of oozing from the extraction site is normal, just like if you had skimmed your knees.

PAIN AFTER EXTRACTION

- Regular painkillers, it is normal for pain to be at its worst on days 3-4.

- Rinse gently with a salt water (a teaspoon in a medium glass of warm water) after meals.
- If pain is getting worse after a week, call us back.

BLEEDING GUMS

- This is usually the result of gingivitis or gum disease. Gums will not stop bleeding until your oral hygiene improves. Brush your teeth and gums twice a day, spending extra time on the ones that bleed.
- Invest in some TePe brushes or floss to clean in between your teeth daily.

DENTURES RUBBING OR LOOSE

- Consider using a fixative for loose dentures like Fixodent.
- Denture pads may also make a denture more comfortable or stable.
- In an emergency, any sharp or rough bits can be adjusted at home with an emery board.
- Leave your denture out if it is too sore to wear.

LOST CROWN / VENEER / POST CROWN

- Toofypegs can be used to re-stick lost crowns and veneers at home.
- Good oral hygiene and a low sugar diet will help prevent the tooth underneath from getting decayed.

ULCERS

- Bonjela on the area that is painful before meals in particular.
- Maintain good oral hygiene.
- Take regular painkillers if needed.
- Rinse with Salt-water to prevent infection.
- Use Difflam mouthwash to help with pain which can be bought from your pharmacist.

SENSITIVITY

- Teeth can be sensitive due to receding gums, large fillings or decay.
- Try placing Sensodyne toothpaste or another sensitive toothpaste on the areas of sensitivity and leaving it on overnight.
- Maintain good oral hygiene and limit sugar in your diet to prevent any decay from getting worse.

LOST FILLING / BROKEN / FRACTURED TEETH

- Emergency dental kit can be bought to patch up the tooth at home.
- Take regular painkillers if you need them.
- Maintain good oral hygiene and a low sugar diet to prevent any decay from occurring or existing decay from getting worse.

SWELLING

- If you have an abscess, you can try to drain it yourself at home – call us first!
- Take painkillers as needed.
- Warm salt-water mouthwash if its draining.