

TELEPHONE ADVICE FOR EMERGENCIES DURING OUR TEMPORARY CLOSURE

TOOTHACHE

- Regular pain killers 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

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 is normal, just like if you have skimmed your knee

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 twice a day, spending extra time on the ones that bleed.
- Invest in some tepe brushes or floss to clean in between your teeth.

DENTURES RUBBING OR LOOSE

- Consider using a fixative such as Fixodent for loose dentures
- Seabond denture pads may also make a denture more comfortable or stable.
- 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 and adjust your diet accordingly.

LOST CROWN/VENEER/POST CROWN

- Toofypegs can be used to restick lost veneers or crowns 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 pain killers if needed
- Rinse with salt water to prevent infection
- Use difflam mouthwash to help with pain which can be bought from a pharmacy

PAIN AFTER EXTRACTION

- Regular painkillers, it is normal for pain to be at its worst for 3-4 days
- Rinse gently with saltwater (a teaspoon in a medium glass of warm water) after meals
- If pain is getting worse after a week, call us back

SENSITIVITY

- Teeth can be sensitive due to receding gums, large fillings or decay
- Try placing a sensitive toothpaste on the sensitive areas and leave it overnight
- Use regular painkillers if you need them
- 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. For example if it is visible on the gum, gently massage with a clean finger applying gentle pressure.
- Take painkillers as needed
- Use hot salt water mouthwash if it is draining
- If the swelling spreads to the outside of the face where it is visually noticeable, please call us.

REGULAR PAINKILLERS

- Please speak to your local pharmacy who will be able to advise you based on your medical condition and available stock.

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