

Managing Dental Pain at Home **Advice sheet for patients of Heralds Way Dental Clinic**

NON-URGENT DENTAL CARE – Please make us aware (phone or email) but this type of problem may need to wait until face to face contact resumes:

- Loose or lost veneers, crowns and bridges
- Broken, rubbing or lost dentures
- Bleeding gums
- Chipped, loose or broken teeth with no pain
- Broken orthodontic wires

URGENT DENTAL CARE – Please call the surgery to speak to a dentist so that appropriate action can be taken:

- Facial swelling extending to the neck and/or eye
- Bleeding after extraction that does not stop after 20 minutes of applying pressure
- Bleeding as a result of trauma
- Broken tooth and/or filling that has fallen out and causing significant pain
- Persistent toothache that can't be managed with painkillers

EMERGENCY DENTAL CARE – Please take immediate action by calling the surgery or NHS 111 for further guidance. You may need to attend A&E or a specialised dental hub for urgent care:

- Facial swelling resulting in difficulty with breathing, eyesight or prevents you from opening mouth more than 2 fingers.
- Trauma that causes loss of consciousness, double vision or vomiting

Toothache

- Take painkillers at regular intervals; you can alternate paracetamol and ibuprofen to maximise pain relief. There is some concern over the use of ibuprofen if you are showing symptoms of COVID-19
- Orajel can be useful and give some light relief from toothache, this can be purchased online or from a pharmacy
- Maintain good oral hygiene with a fluoride toothpaste and reduce intake of sugary foods to prevent progression of decay
- Alternate between hot and cold compress
- If pain persists or cannot be controlled with painkillers please phone the practice to be assessed by a dentist

Regular Painkillers

ADULTS (over 16)

Paracetamol 1g 4 times daily or Ibuprofen 400mg 3 times daily (check research regarding links to coronavirus and ibuprofen) NB: Paracetamol and ibuprofen can be alternated for maximum pain effectiveness.

Co-codamol 8/500 4 times daily on its own and **NOT** with paracetamol.

Paracetamol for children:

Infant syrup is for children under 6 years. A 5ml dose contains 120mg paracetamol.

Six plus syrup contains 250mg per 5ml dose.

Use as instructed on bottle but **DO NOT** give your child more than 4 doses in 24 hours.





Phone: 01245 322 277
Email: reception@heraldswaydental.com

Swelling

- You can drain an abscess by gently massaging it
- Warm salt water rinses three times a day ensures the area is kept clean
- The use of Orajel or Bonjela can give some light relief
- Take regular painkillers as required. A rapidly increasing swelling or high fever warrants urgent attention

Fractured/broken teeth/lost filling

- An emergency dental kit can be used to patch the tooth up at home; these can be found online or at most pharmacies. Alternatively, we have prepared some emergency kits that are available free of charge from the surgery so phone and speak to our receptionist
- It is important that you fill the cavity in order to prevent further exposure of the tooth
- Be sure to remove any debris from the cavity or between the teeth using floss or Tepe brush
- Painkillers may help to alleviate the discomfort
- Maintain good oral hygiene and a low sugar diet to prevent further decay

Sensitivity

- Sensitivity is often associated with receding gums, so using a fluoride toothpaste and mouth wash can be helpful
- Try placing Sensodyne toothpaste directly on the area and leave overnight; this often eases sensitivity
- Avoid ice cold foods and beverages as this is a trigger
- Take painkillers as recommended if you need to

Ulcers

- Using Bonjela on the painful area particularly before meals can give some relief
- Use warm salty water rinses 3 times daily
- Abrasive and spicy foods can cause further irritation
- Common ulcers normally heal within 14 days. Should it persist for longer than 3 weeks please seek advice

Bleeding Gums

- Brush your teeth and gums twice a day, dedicating extra time on areas that bleed.
- Use Tepe brushes or floss to clean interdental areas which reduce inflammation and bleeding
- Using a chlorohexidine mouthwash can be helpful in killing the bacteria associated with gum disease. The bleeding should start to reduce after 7-14 days of consistent good oral hygiene

Bleeding after extraction

- bleeding post extraction is normal and normally stops within 24 hours. Please do not panic
- Saliva often dilutes blood and makes it look like a lot more in volume than there really is
- Avoid any exercise, rest in bed or on the sofa with an extra pillow behind your head
- Do not pick at the socket or rinse your mouth out for 48 hours
- You should avoid smoking for 48 hours as this makes you more susceptible to an infection
- Please do not take Aspirin during this time unless it has been prescribed by your GP for a specific condition; this thins the blood and can increase bleeding
- Bleeding post extraction responds well to continued firm pressure. Bite down on a clean handkerchief or gauze pack firmly for 30 minutes
- continued bleeding that cannot be stopped by applying pressure at home requires urgent assessment so please call the practice

Lost crown/veneer/post crown

- Although not considered an emergency, a lost crown, veneer or bridge can be extremely inconvenient
- Toofypegs can be used to recement lost crowns and veneers at home
- Good oral hygiene and low sugar diet to prevent decay is advisable
- Do not be tempted to use super glue
- If you are unable to get a temporary cement, you should use a denture fixative such as Fixodent or Polygrip in the short-term

Loose/Sharp denture

- Fixodent or Polygrip can help to to secure a loose denture
- You can use an emery board to file off any sharp edges at home
- If still painful, we would advise leaving the denture out as much as possible
- Please avoid using super glue



Above all, if at any point you feel that your dental problem becomes difficult to manage please call the practice. We have a dentist available who can offer advice during surgery hours.