



Coronavirus Service Update

To All of our Patients

From Monday 8th June 2020 the practice is open for patients with pre-arranged appointments only. All routine appointments have been cancelled until September 2020 and onwards.

If you are suffering with a **DENTAL EMERGENCY (for example: uncontrolled pain, facial swelling, bleeding or trauma)** please call the practice from 9am. At present, we will be running this service during normal working hours, but please try to call us in the morning and the dentist will provide a telephone consultation for advice. Please **DO NOT** attend the practice. **For Out of Hours advice please telephone NHS 111**

PLEASE NOTE: If you are infected, live with anyone with symptoms of COVID-19, or have any symptoms of COVID-19 (**a fever, new continuous cough, loss of taste or smell**) then please **DO NOT** leave your premises, you must self-isolate in accordance with the advice on www.gov.uk. If you have a dental emergency during this time you can call NHS 111.

SELF-HELP REMEDIES TO TRY

For pain relief we advise paracetamol in the first instance unless this is not a suitable option for you. Anti-inflammatories like ibuprofen, unless this is not a suitable option for you, can help reduce sensitivity from teeth. Combining paracetamol and ibuprofen has also been shown to be effective.

Toothache

Extreme sensitivity to hot or cold may be a sign of decay and antibiotics will not help. Good cleaning with fluoride toothpaste and reducing sugar intake will help stop decay from getting any worse. If there is a hole in the tooth, or the tooth has cracked, a temporary filling material can be packed into the space to help make symptoms more manageable. These are widely available online and from supermarkets or pharmacies. Wax (from the outside edge of a Babybel or Edam cheese) or chewing gum can be used to ease any sharp area that is catching the tongue.

Toothpaste aimed at reducing tooth sensitivity, such as Sensodyne or Colgate Pro Relief, may also help reduce pain. Rub the toothpaste directly on to the affected area and do not rinse. Anaesthetic gel such as Orajel can also help ease the pain.

If the pain is severe, rinsing with cold water can sometimes ease the pain whilst you are waiting to be assessed by a dentist.

Wisdom Teeth

Wisdom tooth pain is usually due to inflammation of the gum over the erupting tooth, which is often made worse by the trauma of biting, so introducing a soft food diet will help with the pain. Thoroughly clean the area, even if it is painful to brush the affected area because this process will encourage healing.

Corsodyl mouthwash will help with alleviating pain but avoid using for longer than a week as it may cause staining of the teeth. Warm salty mouthwashes can also help with alleviating pain.

If you have difficulty swallowing, swelling in your face or cheek or difficulty opening your mouth, please call the dentist for advice. You may need antibiotics if an infection is spreading.

Lost Crown

If the crown is mostly hollow, you can attempt to re-cement it at home if you feel confident to do so.

Clean the crown and remove any debris, you can use something like the tip of a paperclip to scrape the old cement away. Clean your tooth thoroughly; all debris should be removed from the crown and the tooth for the crown to seat properly.

Check the crown fits without cement. Check carefully that the bite feels correct, if the tooth feels too tall or proud, it is not fitted correctly, double check for debris. Never try to force a crown or post onto your tooth, this can cause the root to fracture. If you cannot get the crown to fit, keep the tooth as clean as possible and wait to see your dentist.

Crowns should be re-fixed back onto the tooth using a dental cement from a pharmacy or online, like Recapit. **DO NOT USE SUPERGLUE** or **FIXADENT** to fit your crown.

Once you have practiced placing the crown, dry the tooth and crown, mix the cement as instructed on the packet and fill the crown. Place the crown directly onto the tooth and bite firmly to press it into place.

Remove any excess cement with a toothpick and floss between your teeth to make sure they do not stick together

Fractured or knocked out teeth

If a tooth has been chipped and is sensitive and/or sharp, then applying a sensitive toothpaste or using an emergency repair kit is advised. Wax (see above) can also be used.

If a baby tooth has been knocked out, do not attempt to put it back in. Clean the area, bite on a clean hankie or folded paper towel for 20 minutes if it is bleeding, give the child age appropriate pain relief medicine and keep to a soft diet until the area has healed.

IF AN ADULT TOOTH HAS BEEN KNOCKED OUT

Handle the tooth by its crown (the white part), avoid touching the root

If the tooth is dirty, wash it briefly (10 seconds) under cold running water

Try to re-implant the tooth in its socket and then bite gently on a handkerchief to hold it in position

If this is not feasible, store the tooth for transportation to the designated urgent dental care centre in milk (not water). Alternatively transport the tooth in the mouth, keeping it between molars and the inside of the cheek.

You need to telephone for an emergency dental appointment OR NHS 111