

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 hankerchief 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.

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.

Dentures rubbing or loose

- Consider using a fixative for loose dentures like fixadent
- 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

Lost crown / veneer / post crown

- Toofypegs can be used to restick 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 Saltwater to prevent infection
- Use difflam mouthwash to help with pain which can be bought from your pharmacist

Pain after Extraction

- Regular painkillers, it is normal for pain to be at its worst on days 3-4
- Rinse gently with salt-water (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 sensodyne toothpaste or another sensitive toothpaste on the sensitive areas and leaving it on 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

Regular Painkillers

ADULTS (over 16)

- Paracetamol 1g 4 times daily
- Ibuprofen 400mg 3 times daily (if you can take it, there has been some research saying this can make coronavirus worse so if you suspect you may have been exposed, don't take it. The same can be said for aspirin)

NB: Paracetamol and Ibuprofen can be alternated for maximum pain effectiveness

- Co-codamol 8/500 4 times a day on its own not with paracetamol or Ibuprofen

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 6-23months: 120mg 4 times a day

ADVISE TO TAKE ADVICE FROM THEIR PHARMACIST OVER THE PHONE IF THEY ARE NOT SURE WHAT THEY CAN TAKE.

Swelling

- if you have an abscess, you can try to drain it yourself at home
- Take painkillers as needed
- Hot salt water mouthwash if its draining