



TIPS TO MANAGE A TOOTHACHE AT HOME

FROM THE QUAYSIDE DENTAL TEAM



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The Quayside Dental & Implant Centre team would like to reassure our patients that we are doing all we can to offer our support during these challenging times. For everyone's safety, given the current COVID-19 pandemic, we have been restricted to emergency dental care only and our surgery operating hours have been reduced.

If you are experiencing pain or have any concerns, please give us a call and one of our team will get back to you as soon as possible if not available at the time of your call. In the meantime, the following information is to help our patients manage minor dental problems at home and to offer advice to patients experiencing pain who need to access care, during the COVID-19 situation.

WHAT IS SEEN AS A DENTAL EMERGENCY?

Urgent Dental Treatment Required:

1. Facial swelling extending to eye or neck
2. Bleeding following an extraction that does not stop after applying pressure to area for 20 mins with clean tissue/gauze (a small amount of oozing is normal)
3. Bleeding due to trauma
4. Significant toothache preventing sleep or eating associated with significant swelling or fever that cannot be managed with painkillers.

Advised to go straight to A&E:

1. Facial swelling that is affecting vision or breathing and/or preventing mouth opening more than 2 fingers width
2. Trauma causing loss of consciousness, double vision or vomiting

Non Urgent Dental Treatment Required (may have to wait for an appt):

1. loose or lost crown, veneer or bridge
2. Broken, rubbing or loose dentures
3. Bleeding gums
4. Broken, loose or lost fillings and chipped teeth but not causing pain - temp cement
5. Loose orthodontic wires
6. Implants – loose or slight swelling around Implant



ACCESSING CARE

Dental practices have been provided with guidance from governing bodies which means we are restricted in the treatments we can currently offer; we cannot provide treatment which requires the use of aerosol. These restrictions are in place to reduce the risk to our staff and our patients and to help prevent unnecessary travel in an attempt to reduce virus transmission.

If you do need to access emergency care:

- Have you or anyone in your household been self-isolating?
- Do you have any symptoms or feel unwell?
(high temperature/ continuous cough)

If you answer yes to any of the above CALL 111 so they can direct you to an emergency facility with the appropriate protective equipment to allow staff to treat you safely.



TOOTHACHE

If the tooth is extremely sensitive to hot or cold, antibiotics will not help. The decay must be removed, and the tooth needs filled.

These measures may help make your symptoms manageable at home until you care can be accessed.

Tooth brushing at least two times a day with fluoride toothpaste and reducing your sugar intake in your diet, can help prevent the decay from getting worse.

If there is a hole in the tooth, or your tooth has broken/cracked and is now sensitive or sharp a temporary filling can be packed into the space. This temporary cement is widely available for purchase from pharmacies and supermarkets.

Desensitising toothpaste can help, rub toothpaste on the affected area and do not rinse after applying. Anaesthetic gels such as orajel can also help with the pain.

ULCERS & RUBBING DENTURES

Most ulcers heal within 7 - 10 days, non-healing ulcers or oral lesions that present for more than 3 weeks should be assessed by your dentist or doctor.



1. **Rinse with warm salty mouthwash regularly**
2. **Tooth brushing** - even though it might be painful to brush, the mouth must be kept clean to prevent more ulcers forming, brush gentle around the affected area!
3. **Spray or Mouthwash** - Difflam (Benzylamine) use as needed and directed on manufactures instructions
4. **Soft diet** - soft food can reduce trauma from biting
5. **Painkillers** - ibuprofen or paracetamol (always follow manufactures instructions on dose)

Rubbing Dentures

1. Denture adhesives like Fixodent or polygrip may help to secure a loose-fitting denture. Any sharp edges can be removed using an emery board. Remove dentures as much as possible if causing trauma.
2. Corsodyl mouthwash - use for 1 week only as this may cause staining

WISDOM TEETH

Wisdom tooth pain is usually due to inflammation of the gum over the tooth as it erupts, this pain can be worsened by trauma from biting.

In most cases this can be managed with good home care and should settle in a few days to one week:



1. **Excellent cleaning**- though it may be painful it is important to brush around this area to keep it clean to encourage healing
2. **Corsodyl Mouthwash** - rinse with mouthwash (avoid using this after 1 week as it may cause staining)
3. **Warm salty mouthwash**
4. **Soft diet** - soft food can reduce trauma from biting
5. **Painkillers** - ibuprofen or paracetamol (always follow manufactures instructions on dose)

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



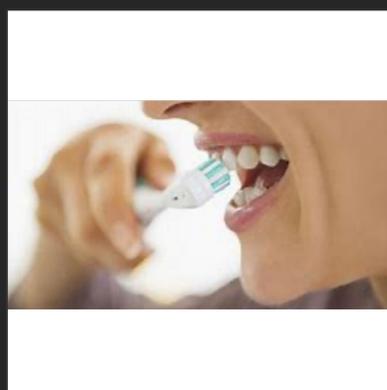
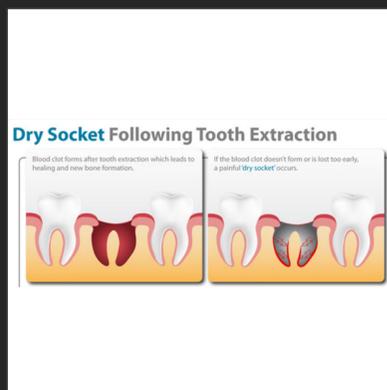
LOST CROWN

- 1. Clean and check the crown.** If the crown is mostly hollow you can re-cement it at home if you feel confident to do so.
- 2. Remove and debris from the crown** and clean your tooth thoroughly, both the crown and the tooth must be free of debris for the crown to seat properly (you can use something like the tip of a paperclip to remove old cement)
- 3. Check the crown fits without cement.** Check that the bite feels correct, if the tooth feels too tall, it is not fitted correctly, double check for debris. NEVER force a crown or post onto or into your tooth as this could cause the root to fracture. If you cannot get the crown to fit, keep the tooth as clean as possible and wait until you can see your dentist.
- 4. Crowns should be replaced using a specific dental cement that can be purchased at most pharmacies (common cement - recapit) DO NOT USE SUPERGLUE**
- 5. Once you have practised placing the crown,** dry the tooth and crown, mix the cement as directed on packet and fill the crown. Place the crown directly onto the tooth. Bite firmly to press it into place.
- 6. Remove any extra cement with a toothpick** and floss between your teeth to make sure they do not stick together.

PAIN OR BLEEDING AFTER AN EXTRACTION

Continue to take regular painkillers if needed for several days after extraction, it is normal for pain to be at its worst on day 3 or 4.

Some pink spit/oozing is normal after an extraction, but if the socket is freely bleeding, bite down on a clean tissue/gauze for 20 minutes. If bleeding persists then call your dentist.



For 24hrs after the extraction:

1. **Do not smoke to allow healing**
2. **Do not rinse** as this will disturb the clot (after 24hrs rinse with warm salty water as required)
3. **Avoid drinking alcohol**
4. **If you smoke or rinse too soon after an extraction**, you risk a dry socket. This can be very painful and regular painkillers are unlikely to be effective. You should call your dentist for an emergency appointment. Antibiotics will not solve this as a dressing is required to cover the exposed bone.

Bleeding gums

1. **Bleeding gums is NOT a dental emergency.** Bleeding gums is usually due to gum disease and will not stop until tooth brushing improves. Brush 2 x daily with a fluoride toothpaste for 2 minutes, concentrating especially on the areas that are bleeding. Use floss or tepe brushes to clean between your teeth every day



PAINKILLERS

Anti-inflammatories (like ibuprofen) can help reduce sensitivity from teeth. Combining paracetamol and ibuprofen has also been shown to be effective.

There is currently no strong evidence that drugs like ibuprofen can make COVID-19 worse. If you have no coronavirus symptoms carry on taking ibuprofen as normal.

Painkillers should always be taken in accordance with instructions on the packet. Taking too many tablets or taking medications incorrectly will not improve your symptoms and can cause serious stomach and liver injury which can be life threatening.





THANK YOU.

IF YOU NEED FURTHER ADVICE
PLEASE CALL US ON 028 7126 6000.