



## FAQ's

### **Toothache**

- Regular painkillers 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 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 – do not be put off by bleeding. With regular interdental cleaning, any bleeding or soreness will resolve with improved gum health.

### **Dentures rubbing or loose**

- Consider using a fixative for loose dentures like Fixodent
- 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 re-stick lost crowns and veneers at home if unavoidable
- Good oral hygiene and a low sugar diet will help prevent 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 the extraction**

- Regular painkillers, it is normal for pain to be at its worst on days 3-4
- 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 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 kits can be bought to patch up the tooth at home
- Take regular painkillers if you need them
- Maintain good hygiene and a low sugar diet to prevent decay from occurring or existing decay from getting worse

### **Swelling**

- If you have an abscess you can try to drain it yourself at home
- Take pain killers as needed
- Hot Salt Water Mouthwash – Dissolve 1 teaspoon of salt in boiling water. Wait for it to cool to tea/coffee temperature, and rinse around the area gently for 1 minute. Repeat 3-4 times daily.
- If you experience any fever, double vision, difficulty breathing, swallowing or opening your mouth, call us urgently on 01453 822205 or 07403 795095

### **Regular painkillers**

#### Adults over 16

Paracetamol 1 g four times daily

Ibuprofen 400 mg three times daily. **Please avoid ibuprofen if you are taking blood thinners or if you are asthmatic.**

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

Please contact us for further advice on 01453 822205.

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