


ADVICE ON HOW TO MANAGE DENTAL PROBLEMS AT HOME

<p style="text-align: center;">TOOTHACHE</p> <p>Regular pain killers if required</p> <p>Maintain good Oral hygiene with a fluoride toothpaste and reducing your intake of sugary foods will help ensure any decay won't get worse.</p>	<p style="text-align: center;">BLEEDING AFTER EXTRACTIONS</p> <p>Bleeding tends to respond well to pressure. Bite on a CLEAN hanker chief firmly for 30 minutes. If this doesn't stop the bleeding, call us.</p> <p>Pink saliva and a little bit of oozing from the socket is normal.</p>	<p style="text-align: center;">PAINKILLERS</p> <p style="text-align: center;"><u>ADULTS (OVER 16)</u></p> <ol style="list-style-type: none"> 1. Paracetamol 1g 4 times daily 2. Ibuprofen 400mg 3 times daily <i>(if you can take it, there has been some research saying this can make coronavirus worsen. If you suspect you may have been exposed, DO NOT TAKE IT. The same can be said for aspirin)</i> <p style="text-align: center;">NB: Paracetamol and Ibuprofen can be alternated for maximum pain effectiveness.</p> <ol style="list-style-type: none"> 3. Co-Codamol 8/500 4 times a day, <u>on its own</u> NOT with paracetamol or ibuprofen. <p style="text-align: center;"><u>CHILDREN</u></p> <p style="text-align: center;">1-2 months 5mg/kg 3-4 times a day</p> <p style="text-align: center;">3-5 months 50mg 3 times a day</p> <p style="text-align: center;">6-11 months 50mg 3-4 times a day</p> <p style="text-align: center;">1 to 3 years 100mg Max 3 times in 24 hours</p> <p style="text-align: center;">4 to 6 years 150mg Max 3 times in 24 hour</p>
<p style="text-align: center;">BLEEDING GUMS</p> <p>This is usually the result of gingivitis or gum disease. Gums will not stop bleeding until your oral hygiene improves</p> <p>Brush your teeth and gums twice a day, spending extra time on the ones that bleed.</p>	<p style="text-align: center;">PAIN AFTER EXTRACTIONS</p> <p>Regular painkillers, it is normal for pain to be at its worst on days 3-4</p> <p>Rinse gently with saltwater (a teaspoon in a medium glass of warm water) after meals</p> <p>If pain is worse after a week call us.</p>	
<p style="text-align: center;">SENSITIVITY</p> <p>Teeth can be sensitive due to receding gums, large fillings or decay.</p> <p>Try placing a sensitive toothpaste over the area and leaving it on overnight</p> <p>Use regular painkillers if required</p> <p>Maintain good Oral hygiene with a fluoride toothpaste and reducing your intake of sugary foods will help ensure any decay won't get worse.</p>	<p style="text-align: center;">SWELLING</p> <p>If you have an abscess, you can try to drain it yourself at home</p> <p>Take painkillers as needed</p> <p>Hot salt water if it is draining</p> <div style="text-align: center;">  <p>Together DENTAL <i>Refreshing Dentistry</i></p> </div>	
<p style="text-align: center;">DENTURES RUBBING/LOOSE</p> <p>Consider using a fixative if your dentures are loose. Denture pads may also make a denture more comfortable and stable</p> <p>Any sharp or rough areas can be adjusted with an emery board</p> <p>Leave your denture out if it is too sore.</p>	<p style="text-align: center;">ULCERS</p> <p>Use <i>Bonjela</i> on the area that is painful (before meals in particular)</p> <p>Maintain Good oral hygiene</p> <p>Take painkillers if required</p> <p>Rinse with saltwater to prevent infection</p> <p>Use Difflam mouthwash (Available from the pharmacist) to help with pain</p>	

ADVICE ON HOW TO MANAGE DENTAL PROBLEMS AT HOME

LOST CROWN/VENEER/POST CROWN	LOST FILLING/BROKEN TOOTH	
<p><i>Toofypegs</i> can be used to restock lost crowns and veneers at home</p> <p>Maintain good Oral hygiene with a fluoride toothpaste and reducing your intake of sugary foods will help prevent the tooth underneath from getting decayed.</p>	<p>Emergency dental kits can be brought to patch the tooth at home</p> <p>Take regular painkillers if required</p> <p>Maintain good Oral hygiene with a fluoride toothpaste and reducing your intake of sugary foods will help ensure any decay won't get worse.</p>	<p>7 to 9 years 200mg Max 3 times in 24 hours</p> <p>10 to 11 years 300mg Max 3 times in 24 hours</p> <p>12 to 17 years 300-400mg Max 3 to 4 times in 24 hours</p> <p>***IF YOU ARE NOT SURE WHAT PAIN RELIEF TO TAKE OR DOSAGE PLEASE CALL YOUR LOCAL PHARMACY ***</p>
<p>If the nature of your problem changes, please call us.</p>		