

TOOTH ACHE



THE BUCKLEY PRACTICE

QUALITY DENTAL & COSMETIC CARE

Est. 1957



Pain is usually due to a broken tooth, decay in a tooth or infection.

Current advice is to treat with painkillers (analgesics) in the first instance.

Analgesic regimes for healthy adults with no known medical conditions or allergies are listed below.

If you have any concerns, please check with your pharmacist before taking medication

For mild to moderate dental pain

Paracetamol, 2 x 500 mg tablets up to four times daily (i.e. every 4-6 hours)

OR

Ibuprofen, 2 x 200 mg tablets up to four times daily (i.e. every 4-6 hours), preferably after food.

For moderate to severe dental pain in adults

Ibuprofen - Increase the dose to 3 x 200 mg tablets up to four times daily, preferably after food

OR

Ibuprofen & paracetamol in divided doses (i.e. take paracetamol, then 3 hours later ibuprofen, then 3 hours later paracetamol & repeat as necessary) These should be taken preferably after food, without exceeding the daily dose or frequency for either drug

If the pain does not improve with painkillers then please contact the practice at:- reception@buckleypractice.com

SWELLING

This is usually due to erupting teeth or infection

If swelling is causing difficulty with breathing/restricting swallowing then call 111 or attend A&E immediately



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What to do:

- Analgesia
- Warm saltwater mouthwashes
- Use small-headed toothbrush in the area
- Soft diet
- Chlorhexidine mouthwash/gel applied with cotton bud for up to 3 days

If there is no improvement and you have systemic effects (fever, malaise) please contact the practice at:- reception@buckleypractice.com for further advice

BROKEN TOOTH OR FILLING

What to do:

- Analgesia if in pain
- Apply Vaseline/ use soft wax
- Use an emergency temporary repair kit which can be purchased online or at a pharmacy
- Use whitening trays/ mouthguard to cover a sharp tooth

If you are unsure please contact the practice at:- reception@buckleypractice.com

LOST CROWN


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What to do:

- Analgesia if in pain
- Use an emergency temporary repair kit which can be purchased online or at a pharmacy
- Remove any cement/ debris from the crown
- Check the crown still fits the tooth and familiarise yourself with how it goes in

Apply Vaseline to the opposing tooth
Place temporary cement in the crown
Fit the crown over the tooth and bite down firmly
Clean gently around the crown to remove any excess cement
Avoid eating for 2-3 hours to allow cement to set

If you are unsure please contact
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SENSITIVITY



This is usually due to overbrushing

BLEEDING GUMS



What to do:

- Regularly apply desensitising toothpaste (i.e. Sensodyne, Colgate Sensitive, Pronamel) to affected area with finger especially at night
- Avoid stimuli (cold or acidic foods or drinks)
- Analgesics if needed
- If you have a whitening tray or mouthguard, sensitive toothpaste can be placed into it and worn overnight for relief

This is usually due to gum disease

What to do:

- Warm saltwater mouthwashes
- Careful and meticulous brushing & flossing/ use of interdental brushes after every meal
- Use Corsodyl toothpaste/ mouth rinse for a 3 day period
- Use Ultradex toothpaste/ mouth rinse

ORAL ULCERATION



This can be spontaneous or due to trauma from a broken filling or tooth, dentures or orthodontic appliances

What to do:

- Analgesia including topical gels/ mouth rinses/ sprays such as Bonjela, Iglu, Difflam, Orabase (Check that the product is suitable for children)
- Soft diet
- If ulceration is due to dentures, keep dentures out where possible
- If ulceration is due to orthodontic appliances, use soft wax
- If due to trauma from adjacent tooth, recommend use an emergency temporary repair kit which can be purchased online or at a pharmacy.