

DENTAL ADVICE AND SELF-HELP GUIDE

WISDOM TOOTH PAIN

- Gently brush area, ideally with small headed toothbrush / single tufted toothbrush
- Rinse two to three times daily with warm salty water or alternative mouthwash to reduce food trapping
- Regular painkillers if required
- Good oral hygiene and soft diet to reduce trauma from biting

SENSITIVITY

- Regular application of desensitising toothpaste to affected area with finger which can be left for several hours before rinsing
- Avoid stimuli (cold or acidic foods or drinks)

LOST FILLINGS

- If sensitive to hot and cold, clean the cavity with thorough rinsing and an emergency temporary repair kit can be purchased online or at a local pharmacy to help plug the hole
- Regular painkillers if needed
- Soft diet
- Good oral hygiene and a low sugar diet will help prevent decay in the underlying tooth
- Soft toothbrush and sensitive toothpaste

ULCERS

- Traumatic ulcers are usually sore but tend to resolve in 7-10 days. Any non-healing and non-painful ulcer present for two weeks or more requires dental assessment
- Good oral hygiene including brushing twice a day with a fluoridated toothpaste and a mouthwash at a different time to brushing
- Local pain relief using topical gels
- If the result of the ulcer is from rubbing dentures place a denture glue such as Fixative/Fixodent to secure the loose dentures when in use
- Avoid precipitating factors eg spicy foods
- Avoid smoking

TEETHING

- Teething can begin from around six months old and often children can experience pain which may affect their sleeping and eating
- Liquid pain relief (sugar free) can help to relieve pain
- Teething aids, cold liquids can be soothing

BLEEDING GUMS

- Good oral hygiene brushing teeth twice a day, flossing or using interdental brushes between your teeth once a day
- Rinse with chlorhexidine mouthwash
- Avoid smoking

JAW PAIN FROM CLENCHING/GRINDING TEETH

- Soft diet for two weeks and avoid stimulants such as coffee and alcohol
- Massage of the joint and muscles- heat application with warm moist towel x3 daily for 5 mins for 6 weeks
- Not excessively opening the mouth. Place hand under chin when carrying out these movements
- Consider simple pain killers and ibuprofen gel to rub onto skin
- Management of stress and relaxation to decrease muscle tension