

EDP Dental Emergencies Help Sheet during Coronavirus and Christmas

The following advice may help you in the event of a dental problem. It is not the Practice's philosophy to leave dental emergencies untreated. We have had a difficult return to practice and have taken the decision, for the first time, to give our team some time off over Christmas. There is still a dentist on call if required in an absolute emergency. Please scroll down the list of common incidents for information that may be relevant to you. If you need further advice then please phone 01890750519.

(Information below has been adapted from SDCEP Guidelines for Acute Dental Problems)

If you have:

A facial swelling that restricts swallowing, limits mouth opening to less than two fingers width or extends up to the eye and is making you feel feverish...

Uncontrolled bleeding from a dental extraction or following trauma...

Concussion with loss of consciousness...

Phone the Practice on 01890750519 or NHS 24 on 111 immediately, otherwise scroll down.

If you have:

Severe and uncontrolled pain (uncontrolled pain is that which is not controlled by your normal painkillers)...

A spreading, recurring or continuing swelling or infection...

Lost a tooth/teeth through trauma (Do not clean the tooth thoroughly. Re-implant the tooth or place in the mouth between cheek and lower teeth if person is able to, if not put in a glass of milk)...

Soft tissue damage around the face from trauma...

Phone 01890750519 immediately to speak to a Dentist or NHS 24 on 111 who will triage you accordingly, otherwise please scroll down

The triaging Dentist will need to know:

- 1) Do you currently have or does someone you live with have symptoms of Coronavirus?
- 2) Do you have any other medical conditions of note?
- 3) Which Dentist you are registered with?

If you have:

Moderate pain from a tooth – take your usual painkiller in the first instance, if the pain persists for a few days or increases and disturbs your sleep, phone the number below...

Small painful swelling of the gum next to a tooth – gently massage the area and try and squeeze the swelling to drain it. If the swelling persists or increases in size, phone the number below...

Fractured a tooth which is very painful when you eat or is cutting your tongue - try using some plain wax (Babybel cheese wax coat, orthodontic wax) or a temporary dental repair kit that you can get online, supermarket or chemist.

A wisdom tooth is growing in and the gum is swollen and painful – you can usually manage this at home with thorough cleaning of the area with a toothbrush, try and encourage the area to bleed which will reduce the amount of inflammation around the tooth and reduce your discomfort. Your normal painkiller is usually helpful. Warm salty mouth or Corsodyl rinse helps too. If the swelling is severe and limits your mouth opening phone the number below immediately.

Phone 01890750519 between 9am-6pm to speak to a Dentist who will triage you accordingly, otherwise please scroll down

The triaging Dentist will need to know:-

- 1) Do you currently have or does someone you live with have symptoms of Coronavirus?
- 2) Do you have any other medical conditions of note?
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The following problems can usually be managed by yourself. Keep a record of any problems you have had and we can then assess and deal with your problems once the Practice is able to offer routine appointments again.

If you have:

A sensitive tooth - this is usually due to an exposed part of a tooth, tooth grinding or you have lost a small filling. You can usually treat these yourself with any brand of sensitive toothpaste. Dab a small amount on the surface that is sensitive as often as required. When brushing your teeth after breakfast and at night spit out the foam and don't rinse with water, to leave a coating of toothpaste over your teeth.

A painful tooth only when eating something sweet – this usually indicates that you have some decay in a tooth or under a filling. Avoid those sweet foods and use a fluoride toothpaste on a toothbrush and interdental brush to clean the area carefully and regularly.

You have broken a tooth which is not painful - try using some plain wax (Orthodontic wax, Babybel Cheese wax!) or a temporary dental repair kit that you can get online, supermarket or chemist.

You have lost a crown – a temporary dental repair kit can be used. You can get these online, supermarket or chemist. If there is a post on the crown or it is a simple crown and the tooth is still intact, thoroughly clean the post and crown and the tooth, dry both as best as you can and use the temporary cement to re-fix the crown. Allow it to set and then carefully clean away any excess cement from around and between the teeth. Do not use Superglue.

Your denture is rubbing and causing a sore spot in your mouth or has broken – try using a denture fixative to create a cushion under the denture. You could try and carefully file the area of the denture that is rubbing with a nail file/emery board.

You have a worrying non painful lump or ulcer in your mouth that does not resolve after 7-10 days – please phone 01890750519 for advice. If you have a normal painful ulcer then use warm salty water or an ulcer gel as required.

Your gums are bleeding when you brush them – this usually indicates that you have gum disease. This can be treated by thoroughly brushing your teeth with a toothbrush and interdental brushes. You could also use a Chlorhexidine mouthwash (Corsodyl) that you can get from a supermarket/chemist for a few days.