

Current situation at Eastgate Dental

Following recent guidelines from Public Health Wales we have to stop routine dental treatment such as fillings, crowns, check ups, bridges, root canal treatments, implants, dentures, hygiene, brace adjustments etc

This is to stop the spread of Covid-19, protecting you, us and limiting the reasons patients have to leave home during this critical period.

We know as our patients you understands the importance of routine dental treatment however in these unprecedented times we can only cater genuine dental emergencies.

If you have a dental emergency please email or call us where we can direct you for further care.

What counts as a dental emergency ?

Facial swelling extending to eye or neck.

Bleeding following an extraction that does not stop after 20 mins of firm pressure with a gauze. A small amount of oozing is normal as per cut/graze anywhere else on your body.

Bleeding due to trauma to your mouth/teeth.

Tooth broken significantly and causing continuous pain or a tooth that has fallen out.

Significant toothache preventing sleep, eating, associated with significant swelling.

Feeling unwell and an increased temperature that has started after the dental problem appeared.

Painrelief

Over the counter anti-inflammatories can help reduce dental pain. Combining Paracetamol and Ibuprofen together has also been shown to improve pain relief.

There is no strong evidence that Ibuprofen can worsen Covid-19 or make you more likely to have symptoms.

If you have no Covid-19 symptoms (dry cough and temperature above 37.8) then carry on taking Ibuprofen.

If you have Covid-19 symptoms, take Paracetamol for dental pain relief until we have more information.

Call A&E

Facial swelling affecting vision or breathing, swallowing, preventing mouth opening more than 2 fingers width.

Trauma causing loss of consciousness double vision or vomiting.

Non urgent problems

Loose crowns, bridges, veneers or fillings.

Broken, loose and rubbing dentures

Bleeding gums

Chipped or cracked teeth with sensitivity or minor pain

Loose braces

Do not take any pain relief medication that is against your medical doctors advise.

Do no exceed the dose stated on the instructions/packet.

Taking more than the advised dose will not improve symptoms but you risk being seriously ill.

Toothache

If a tooth is extremely sensitive to hot, cold or has intermittent throbbing pain antibiotics will not help.

Good cleaning with fluoride toothpaste, avoiding food and drink at extreme temperatures as well as reducing sugar intake can help.

Coating the tooth with desensitising toothpaste such as Sensodyne can also help alleviate the symptoms. Rub the toothpaste directly and ensure you don't rinse afterwards.



Wisdom teeth

Pain in the region of wisdom teeth is often due to the gum lying over the tooth being inflamed or plaque accumulating in the area.

If it flares up it can often be managed with good hygiene and some simple measures.

Use a soft children's toothbrush or brush with a small head and clean the area really well, this will be sore but persevere.

Corsodyl mouthwash once a day can help bacteria stop collecting in the area.

Avoid hard foods which will traumatise the area further and aim for a soft diet.

Warm salty mouthrinses 3/4 times daily.

Ulcers

Although painful, most ulcers will heal within 7-10 days. If an ulcer has been present for more than 3 weeks then please call for further advice.

Over the counter pain relief such as paracetamol and ibuprofen.

Use a soft children's toothbrush or brush with a small head and clean the area really well, this will be sore but persevere.

Corsodyl mouthwash once a day can help bacteria stop collecting in the area.

Avoid hard foods which will traumatise the area further and aim for a soft diet.

Warm salty mouthrinse 3/4 times daily.

Orojel which is an anaesthetic gel from a pharmacy.

Remove and keep out any dentures that maybe rubbing.

Bend any wires of braces that maybe causing trauma. Any damage to the brace now can be fixed later.

Pain or bleeding after an extraction

It is normal to have pain, swelling, bruising and some bleeding after an extraction. If the socket is bleeding freely then apply pressure with gauze/clean cloth for 20 minutes. If this does not help please call for advice.

It is normal to have pain 3-4 days after an extraction, sometimes this pain is worse than the day after the extraction. Antibiotics will not help with this pain, paracetamol and Ibuprofen is advised.

If you smoke or rinse immediately after an extraction you risk causing a dry socket which can be painful and may need further dental treatment.

Bleeding gums is not a dental emergency, this is usually due to gum inflammation caused by plaque accumulation. Brushing twice daily with an electric toothbrush, flossing and interdental brushing can help but there will not be an immediate improvement.

Loose bridge or crown

If possible try to have a soft diet and limit the forces on this loose restoration.

If the crown or bridge comes loose and the tooth is not sensitive then it is possible to leave it out of the mouth.

Please do not attempt to use any kind of diy glue/superglue to recement loose crowns, bridges or fillings.

If you're confident, it is possible to use an over the counter temporary cement such as **Recapit** or **Dentemp** to temporarily re-cement the restoration however this is done at your own risk as it will not be as good as having it cemented at the dentist and you may swallow the crown/bridge when it comes loose again.