



milford
DENTISTS

Managing Toothache at Home

Tips to help you manage dental problems during covid-19 lockdown

Accessing Dental Care

- ▶ Following recent guidance from the Ministry of Health, Dental Council New Zealand and the New Zealand Dental Association (NZDA) dental practices have been advised to stop routine dentistry, avoid aerosol generating procedures, and only provide urgent dental care if correct Personal Protection equipment (PPE) is available.
- ▶ As well as reducing risk to staff and patients, this will also prevent unnecessary travel to reduce transmission
- ▶ If you need to access emergency care contact us on **09 3200504**, and leave a message we will return your call, and if necessary, refer you on to a specialist practice with the correct protective equipment.
- ▶ If you suspect you have **COVID-19**, or have been in close physical contact with a confirmed case of **COVID-19** call Healthline's **COVID-19** advice line on **0800 3585453**



What Counts as a Dental Emergency

Essential dental care is where a patient has pain that requires operative management to control, if infection is present which is not manageable by antibiotics alone or if non-treatment will severely impact on the health of the patient. All other care is considered non-essential. This can be categorized by;

Oro-facial Trauma

Significant infection

Prolonged bleeding

Pain that cannot be managed by medication

Painkillers

- ▶ Painkillers should always be taken in accordance with instructions on the packet. Taking too many tablets, or taking medication incorrectly will not improve your symptoms.
- ▶ Anti-inflammatories (like Ibuprofen) can help reduce dental pain. Combining Paracetamol and Ibuprofen has also been shown to be effective.
 - ▶ There is currently no strong evidence that drugs like Ibuprofen can make Covid-19 worse



Wisdom teeth

- ▶ Wisdom tooth pain is usually due to inflammation of the gum over the erupting tooth, which can be worsened by trauma from biting.
 - ▶ Most flare-ups can be managed with good home care and should settle in a few days to a week.
 - ▶ Excellent cleaning
 - ▶ Warm Salt water mouthwash
 - ▶ Soft diet (reduce trauma from biting)
 - ▶ Painkillers



Ulcers

Although painful, most ulcers will heal within 7-10 days.

Treat with:

- Warm Saltwater mouth rinse
- Good Oral hygiene
- Difflam Spray or mouthwash (Benzydamine)
- Pain Killers
- Soft diet to reduce trauma
- If caused by a denture, leave the denture out as much as possible

Pain or bleeding after extraction

- ▶ Continue to take regular pain killers for several days after extraction, it is normal for the pain to worsen for 3-4 days after an extraction
- ▶ Some blood oozing is normal after an extraction, but if the socket is bleeding freely bite down on gauze, or a clean hankie for 10 minutes.
- ▶ If the bleeding has not stopped, contact the practice where the extraction was performed.
- ▶ Bleeding gums are not a dental emergency - this is normally due to gum disease, and will not improve until oral hygiene is improved



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Lost crown/filling

- ▶ Clean and check the crown, if it is mostly hollow, you can attempt to temporarily recement it at home.
 - ▶ Check the crown fits without cement, do not force it
 - ▶ Check the bite feels normal,
 - ▶ Place temporary dental cement (available from pharmacies) in crown, seat crown on tooth and bite down, clean excess cement with tooth pick, and floss between teeth. **DO NOT USE SUPERGLUE**
- ▶ Temporary filling material is also available if you lose a filling

