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| An old photo of a person  Description automatically generated |  | A close up of a logo  Description automatically generatedSELF CARE ADVIcE FOR YOU AT HOME DURING COVID-19 PANDEMIC |
| A picture containing fruit, food, lettuce  Description automatically generated**ADVICE OR PRESCRIPTIONS ARE AVAILABLE FROM YOUR DENTIST AT** **THIS CURRENT TIME.**CONTACT**TELEPHONE****01752 500959****WEBSITE:****Centralparkdentist.co.uk****EMAIL****cpdental@btconnect.com** |  | TEETH THAT HAVE THE FOLLOWING- TOOTHACHE- MINOR PAIN* Keep the area clean with gentle brushing in the area with a small headed brush, continue even if it is a little sore.
* Pain is due to inflammation around the gum or in the tooth.
* Good oral hygiene will help until you can see the dentist.
* Avoid sweet/sticky foods that could aggravate the pain.
* Try to limit your frequency of sugary drinks/treats. Consuming to much will not improve the pain but may cause more decay.
* Avoid very hot/cold foods or drinks.

TOOTH ACHE – SLIGHT PAIN* As above instructions.
* Take painkillers if necessary
* Paracetamol and/or Ibuprofen can help settle the pain **BUT** read the instructions first as **TOO MANY WILL NOT IMPROVE THE** **PAIN** but can cause medial problems.

TOOTH ACHE- EXTREME PAIN* Contact/Email the practice if pain continues or swelling develops.

**TAKE CARE AND STAY SAFE.** |
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