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| An old photo of a person  Description automatically generated |  | A close up of a logo  Description automatically generated  SELF 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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