

HOW TO MANAGE YOUR TOOTHACHE AT HOME DURING THE COVID-19 PANDEMIC

GUIDANCE

NHS England and the Department of Health have instructed dental practices to **PRIORITISE URGENT TREATMENT** where possible.

The following guidance is to support you in helping managing minor symptoms at home.

This guidance is to reduce the risk of virus transmission to you, our staff, and our patients.



YOU NEED URGENT DENTAL TREATMENT IF YOU HAVE:

- Facial swelling extending to eye or neck or floor of the mouth.
- Bleeding following an extraction that does not stop after 20 mins of solid pressure with gauze.
- Bleeding due to trauma.
- Severely broken tooth, or tooth fallen out with pain.
- Toothache that is preventing sleep, eating combined with swelling or fever that is not manageable with pain killers.

Emergency Call

Milton Keynes: 01908 630 169
St Albans: 01727 845 706
Melton Mowbray: 01664 568 811



YOU NEED TO GO STRAIGHT TO A&E IF YOU HAVE:

- Facial swelling affecting your vision, breathing or preventing your mouth from opening more than 2 fingers width.
- Trauma causing loss of consciousness, double vision or vomiting.

If you're not sure whether you should go to A&E, contact NHS 111, who will be able to advise you.



NON-URGENT DENTAL CARE:

- Loose or lost crowns, bridges or veneers.
- Broken, rubbing or loose dentures.
- Bleeding gums.
- Broken, loose or lost fillings.
- Chipped teeth with no pain.
- Loose orthodontic wires.

If you have any of the symptoms above, those are not emergencies. Please check the next page of this leaflet for some possible home treatments.

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PAIN MANAGEMENT:

Over the counter pain killers can help (take following instructions on the packet). Patients who have confirmed COVID-19, or believe they have COVID-19, should take **paracetamol in preference to ibuprofen**.



Paracetamol ✓

Ibuprofen ✗

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BLEEDING GUMS:

Bleeding from gums is NOT a dental emergency. Bleeding gums are usually due to gum disease, and will not stop until brushing improves. Brush 2x a day with fluoride toothpaste for 2 minutes. Concentrate especially on the areas that are bleeding. Use floss or tepe brushes to clean between your teeth every day.



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WISDOM TOOTH PAIN:

Most flare-ups can be managed with proper home care.

- Thorough cleaning (even if painful)
- Corsodyl mouthwash (max 1 week use)
- Soft diet
- Warm salty mouthwash
- Pain killers



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TOOTH SENSITIVITY:

If you have extreme sensitivity to hot or cold, sensitive toothpaste can help. Rub toothpaste directly on the affected area and don't rinse afterwards. Anaesthetic gel can also help ease pain.



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ULCER:

Most ulcers heal within 7-10 days. To ease the pain, try:

- Warm salty mouthwash
- Diffiam (Benzydamine) spray or mouthwash
- Thorough cleaning (even if painful)
- Corsodyl mouthwash (max 1 week use)
- Soft diet
- Pain killers

Rubbing dentures: Denture adhesives like Fixodent may help secure a loose denture. Fill the sharp edges using an emery board.

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