

Advice for managing dental pain

If you are experiencing toothache and the practice is not open, the following advice may help you manage the pain until you are seen by the emergency dentist or until we next re-open.

- Avoid stimuli that precipitate or worsen the pain such as hot or cold foods or cold air.
- Holding cooled water or crushed ice around the tooth can sometimes help alleviate dental pain.
- Severe pain from the mouth or teeth sometimes feels worse when lying flat; therefore try lying propped up as this might ease the pain.
- Take regular painkillers; paracetamol and ibuprofen taken together or alternated often works well. Please ensure that you do not exceed the recommended doses, and please only take painkillers that you have used in the past and have not caused any adverse side effects. (Avoid aspirin as a painkiller if your dental pain is associated with a recent extraction, or you have any bleeding).
- A few drops of oil of cloves on a cotton bud can help ease toothache, although this only provides temporary relief as it gets washed away by saliva easily.
- Warm salty mouthwashes or Corsodyl mouthwash can alleviate soft-tissue or gum problems.
- Anaesthetic gels (such as Orajel) can help to ease pain from ulcers or around a wisdom tooth.
- For post-extraction bleeding, bite on a damp handkerchief or clean gauze, applying constant pressure for at least 10 minutes.
- A “toothache kit” from a chemist or supermarket contains temporary dental cement for re-fixing lost crowns, and temporary filling material to replace lost fillings which can provide a temporary solution until you can get to your dentist.

If you have noticeable facial swelling, dental or facial trauma caused by injury, or uncontrollable bleeding, please contact the emergency on-call dentist without hesitation, or go to your nearest Accident and Emergency Unit.

There is always an emergency dentist on-call covering a number of Practices in the local area, so if you are in any doubt, please do not worry – give the emergency dentist a call. Details of the on-call dentist can be found on our telephone answering service.

