

SHARROW
Dental Care

ADVENT
Dental Practice

SPRINGFIELD
Dental Practice

Dr. Vishal Barot

Website:

www.sharrowdental.co.uk

www.adventdental.co.uk

www.springfielddentists.co.uk

Email:

advent-sharrow-
dental@dentallymail.co.uk

Phone:

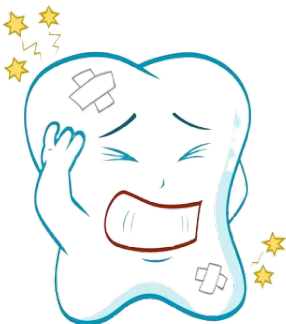
Sharrow: 01245 354046

Advent: 01245 496791

Springfield: 01245 442442

Instagram:

@sharrow_advent_springfield



HOW TO MANAGE PAIN/ SENSITIVITY TO HOT & COLD?

The home measures below may help make the symptoms more manageable until an appointment with the dentist can be arranged.



Cleaning

- » Regular tooth brushing 2-3x a day with fluoride toothpaste AND using floss/ interdental brushes 2x a day.
- » Use of desensitising/ sensitive toothpaste. Rub toothpaste directly onto affected area before bed time and do not rinse afterwards.

Diet

- » Reducing sugar intake contributing to tooth decay.
- » Avoid eating & drinking food or drinks at extreme temperatures. Use a straw when drinking to minimise contact with teeth.

Pain Relief

- » Use of appropriate painkillers - 1000mg paracetamol and/or 400 to 600mg ibuprofen 3-4x a day. See advice sheet on 'pain relief for toothache' for more information.
- » Anaesthetic gel and/or clove oil can help ease pain.

Temporary filling

» If there is a hole in the tooth, a temporary filling material can be purchased to prevent food packing in the hole. These are widely available at supermarkets & pharmacies.

1. Clean the hole thoroughly with fluoridated toothpaste and a toothbrush
2. Dry the tooth
3. Place the temporary filling material in the hole
4. Smooth with a clean finger and bite down to ensure temporary filling material is not too high