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| A picture containing white, sitting, standing  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**PHONE:****01752 500959****WEBSITE:****Centralparkdentist.co.uk****EMAIL:****cpdental@btconnect.com** |  | TEETH THAT HAVE THE FOLLOWING- HOLE/CRACKED/FILLING OUT- NO PAIN* Keep the area clean with gentle brushing in the area.
* Temporary filling cements are available at Pharmacies and

supermarkets.* Always read the instructions before applying.
* Tooth area needs to be dry or the temporary cement may not bond to the tooth.
* Avoid very hot or cold food/drinks, if possible.

HOLE/CRACKED/FILLING OUT- 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.

HOLE/CRACKED/FILLING OUT- EXTREME PAIN* Contact/Email the practice if pain continues or swelling develops.

**TAKE CARE AND STAY SAFE.** |