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| A close up of a logo  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- BLEEDING GUMS- NO PAIN* Keep the area clean with gentle brushing in the area with a small headed brush. Do not be afraid if the gums bleed more, the bleeding should improve after a few days.
* Make sure you are brushing your gums as well as your teeth.
* Chlorhexidine mouth wash can help short term. Long term use may stain teeth.
* Do not use mouth wash at the same time as tooth brushing, Use at different times of day.
* Good oral hygiene will help until you can see the dentist.

BLEEDING GUMS – 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.

BLEEDING GUMS - EXTREME PAIN* Contact/Email the practice if pain continues or swelling develops.

**TAKE CARE AND STAY SAFE**. |
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