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| A close up of a logo  Description automatically generated |  | A close up of a logo  Description automatically generated  SELF 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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