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| A picture containing white, sitting, standing  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-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.** |