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| A close up of a necklace  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- WISDON TOOTH- MINOR PAIN* Keep the area clean with gentle brushing in the area with a small headed brush, continue even if it is a little sore.
* Pain is due to inflammation of the gum around the tooth.
* Most flare ups can be managed with simple measures to improve within a few days.
* Chlorhexidine mouthwash or warm salty water around the area.
* Soft diet to reduce trauma
* Good oral hygiene will help the area to heal quicker.

WISDOM TOOTH – 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.

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

**TAKE CARE AND STAY SAFE.** |