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Dental Care

ADVENT  
Dental Practice

SPRINGFIELD  
Dental Practice

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SCAN ME

# HOW TO MANAGE WISDOM TOOTH PAIN?

"I've been getting a dull ache at the back of my mouth & I can see my wisdom teeth trying to come through. It is worse when I'm eating and trying to sleep. My gums are red, inflamed and tender to touch."

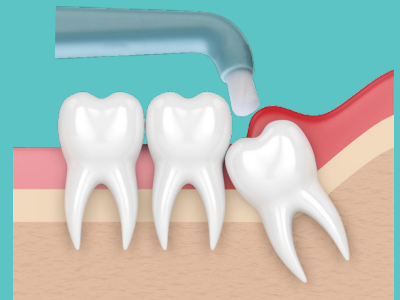
## Cleaning

» Brush the area 2-3x a day with extra emphasis over the sore area.

» Single tufted brushes to provide a more accurate clean under the gum.

» Warm salt water rinses after every meal.

» Chlorhexidine mouthwash (corsodyl/ curasept) 2x a day for two weeks.



## Lifestyle

» Soft foods to reduce any trauma from biting.

» Stop smoking. Smoking provides favourable conditions for bacteria to thrive.



## Pain Relief

» Use of appropriate painkillers - 1000mg paracetamol and/or 400 to 600mg ibuprofen 3-4x a day. See advice sheet on 'pain relief for toothache' for more information.

» Anaesthetic gel and/or clove oil can help ease pain.

Symptoms should improve within 7-10 days.

If you have a swelling, fever, difficulty opening your mouth, breathing or swallowing please contact your dentist as you may need a more thorough assessment and antibiotics.