



### ASK

- If trauma, enquire if there is any vomiting or loss of consciousness (if yes, to attend A&E urgently)
- Do you have dental pain (no triggers) or sensitivity (air, cold, hot or sweet)?
- Is there anything that makes the pain worse or better?
- Do you have any broken fragments of tooth?
- Is there any trauma to the lips or inside of mouth?
- Has a tooth come out completely, and if so is this an adult tooth?



### ADVICE

- Analgesia if required
- Avoid provoking factors i.e., hot, or cold drinks and food
- Use a straw to drink
- Soft diet
- Soft toothbrush if very sore/sensitive
- If sensitive, use a desensitising toothpaste
- Arrange to see a dentist as soon as possible for an assessment
- If cuts /abrasions in the mouth – use chlorhexidine mouthwash, salt water or topical anaesthetic mouthwashes/gels to prevent infection and aid with oral hygiene
- Keep fragments of tooth as these may be of use to the dentist
- If the tooth has a hole this may be sealed using a temporary filling kit
- If an adult tooth has been avulsed (has come out completely from its socket), keep it in milk or saliva, do not let it dry or wrap it in gauze
- Touching only the crown, reinsert into the socket as soon as possible and see a dentist URGENTLY. Baby teeth should not be reinserted



### FOLLOW UP

- See a dentist for assessment and treatment
- If further fractures or pain occurs, seek a dental assessment sooner
- Dental trauma will need dental assessment. Further information on [dentaltrauma.co.uk](http://dentaltrauma.co.uk)



### ALERT

- If the pain progresses to affect sleep and is poorly controlled with analgesics, seek urgent dental assessment
- For an avulsed tooth, follow the advice above and see a dentist URGENTLY. Typically, only teeth treated within one hour have the best chance of being saved



### PHARMACY PRODUCT

- Topical anaesthetics e.g., Benzocaine
- Desensitizing toothpaste
- Chlorhexidine mouthwash
- Paracetamol, ibuprofen (if required)
- Sugar free oral suspension analgesics
- Temporary filling kit
- Soft toothbrush

## PHARMACY DENTAL FACT SHEET