

Treatment and Prevention Advice



If you have been given Local Anaesthetic:

- You may be numb for about 2-4 hours.
- Be careful not to accidentally bite your cheek, your lip, or your tongue.
- Avoid eating anything chewy and avoid hot drinks in case you scald yourself.

After your filling:

- Try not to bite on it for a few hours to allow it to fully set.
- It is normal for the tooth to be sensitive to cold for up to 14 days and should get better as time goes on, because of treatment.
- The gum may be sore from where the band was used for packing the filling.
- If the filling was very deep, the nerve may be affected, and you may later require root canal treatment or tooth removal. Your dentist will tell you if it is deep.

Diet Advice:

- Tooth decay is usually caused by sugars in our diet.
- It is not how **MUCH** sugary food/drink we have, but how **OFTEN**.
- Treat yourself, but only **occasionally**. Eat lots of vegetables.
- Limit sweets, chocolates, biscuits, cakes and sugary drinks.
- Opt for sugar free/diet drinks and juices.
- Try to avoid sugar in tea/coffee.
- Avoid anything sweet 2 hours before bedtime.
- Keep a 3-day diet diary and discuss with your dentist.
- Be aware that too much fruit and juices can cause decay and sensitivity.

Brushing:

- Gum disease is caused by plaque, which can be removed with good brushing.
- Brush 2x daily, first thing in the morning, last thing at night.

- Use an electric toothbrush (e.g. Oral B Professional 2000 or Sonicare or Colgate)
- Angle your brush towards your gums and gently brush at the gumline.
- Use interdental brushes or floss to clean between your teeth (e.g. TePe) daily.

Toothpaste and Fluoride:

- Use a Toothpaste which has Fluoride 1450ppm (e.g. Colgate, Oral B, Aquafresh)
- At night, do not rinse the toothpaste off, leave a slurry to protect your teeth.
- Use a mouthwash at different times to brushing for best effect.
- Your dentist may recommend high fluoride toothpaste for use at night time. Again, spit out, but do not rinse it off at night. Keep out of reach of children.

Smoking and Alcohol Intake:

- Smoking increases the risk of mouth cancer significantly.
- Smoking also accelerates gum disease by up to 5 times.
- Speak to the pharmacist or GP about patches, or NRT to help you to stop.
- Limit alcohol intake to 14 units for women, 21 units for men.
- Alcohol and Smoking combined, further increases the risks of mouth cancer.

Sensitivity:

- If you have sensitivity, try using sensitive toothpaste (e.g. Sensodyne Rapid Relief).
- Apply the sensitive toothpaste as a cream in the sensitive area at night and leave it there to act for several hours.

Mouthwash:

- We recommend an alcohol-free mouthwash (e.g. Colgate Fluorigard or Sensodyne).
- Use it at different times to toothpaste for best effect (middle of the day).

Hygienist Visits:

- The hygienist can help prevent and slow down gum disease.
- You can book an appointment with the hygienist, this is optional, to remove any stains, cosmetic clean, and whiten and brighten your teeth for that perfect smile!