

Chipped or fractured teeth



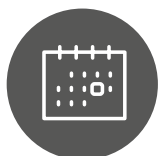
ASK YOURSELF?

- If trauma, have you been vomiting or lost 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?



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 desensitizing toothpaste
- Arrange to see a dentist as soon as possible for an assessment
- If cuts /abrasions in the mouth – use 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



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 www.dentaltrauma.co.uk



ALERT

- If the pain progresses to affect sleep and is poorly controlled with analgesics, seek urgent dental assessment



SELF CARE

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