

YOUR



domain

TRUSTED DENTIST IN MANGAWHAI

**COPING WITH
PAIN, AT HOME...**

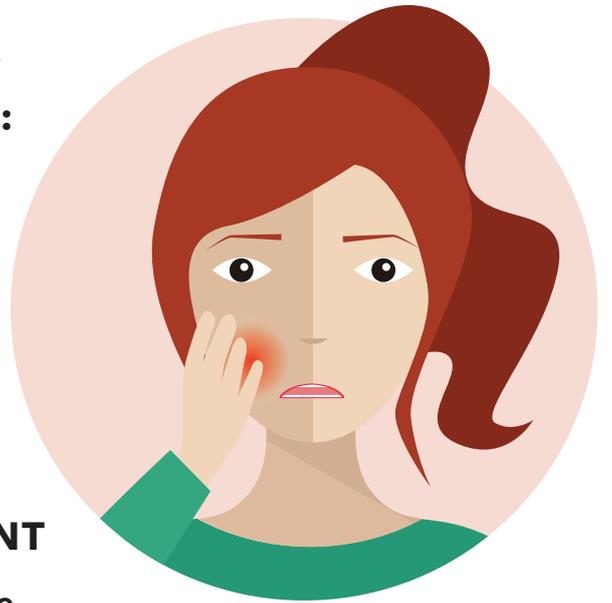
ph. 09 777 4343

www.dentaldomain.co.nz

WHAT IS A DENTAL EMERGENCY?

GO STRAIGHT TO YOUR DOCTOR OR THE A&E IF YOU ARE EXPERIENCING:

- Facial swelling affecting vision or breathing, preventing mouth opening more than 2 fingers wide.
- Trauma causing loss of consciousness, double vision, or vomiting.



ARRANGE AN URGENT APPOINTMENT

- call us on 777-4343 alerting us if you are experiencing any of the following:

- Facial swelling extending to eye or neck.
- Bleeding following an extraction that does not stop after 20 mins pressure with a gauze/clean hankie. A small amount of blood is normal, just like if you had grazed your knee.
- Bleeding due to trauma.
- Tooth broken and causing pain, or tooth fallen out.
- Significant toothache preventing sleep, eating, associated with significant swelling, or fever that cannot be managed with painkillers.



LESS URGENT:

- Loose or lost crowns, bridges or veneers
- Broken, rubbing or loose dentures
- Bleeding gums*
- Broken, loose or lost fillings
- Chipped teeth with no pain

*Bleeding from gums is not a dental emergency. Bleeding gums are usually due to gum disease and will not stop until brushing and flossing improves. Brush x2 a day with fluoride toothpaste for 2 minutes, concentrating especially on the areas that are bleeding. Use floss or inter-dental brushes to clean between your teeth every day. Regular visits to our hygienist will help improve your overall gum health.

USING PAINKILLERS



FOR DENTAL PAIN

Anti-inflammatories (like ibuprofen) can help reduce sensitivity from teeth. Make sure you take ibuprofen with or after food. Combining paracetamol and ibuprofen has shown to be effective. Stick to the recommended doses.

Always read the instructions and follow them. Taking more than the accepted dose will not improve the symptoms and can make you ill. Taking too many tablets can cause serious stomach and liver injury.

www.dentaldomain.co.nz

MANAGING TOOTHACHE



PAINFUL TOOTH THAT IS SENSITIVE TO HOT/COLD?

Antibiotics will **not help** with tooth sensitivity.

Usually extreme sensitivity means there is decay, which must be removed and filled. These home measures may help make symptoms manageable until care can be arranged:

- Regular cleaning with fluoride toothpaste after meals
- Rub a desensitising toothpaste directly on the affected area and do not rinse afterwards
- Reducing sugar intake stops the decay worsening
- An anaesthetic mouth gel or an antiseptic mouth rinse such as Savacol may help ease the pain, ask your pharmacist for advice.

MANAGING PAIN AFTER EXTRACTION



Continue to take regular painkillers for several days after extraction; it is normal for the pain to be at its worst at day 3-4. Some pink spit/oozing is normal after an extraction, but if the socket is bleeding freely, bit hard on gauze or a clean hankie for 20 minutes. If bleeding has not stopped, call your dentist or doctor.

If the site has become infected, we will arrange for a course of antibiotics to clear the infection.

If you smoke or rinse too soon after an extraction, you risk dry socket. This can be very painful and regular painkillers or antibiotics are unlikely to be effective. If you think you have lost the blood clot protecting the extraction site, you should call us for an emergency appointment. We can dress the tooth with a preparation that provides a soothing effect on tissues, thus helping to rapidly alleviate the pain.

MANAGING WISDOM TOOTH PAIN



PAINFUL TOOTH AND SORE/INFLAMED GUMS?

Wisdom tooth pain is usually due to inflammation of the gum over the erupting tooth, which can be worsened by trauma from biting. Most flare ups should settle in a few days, and can be managed with good home care.

- Excellent cleaning (even it is painful to brush, the area must be kept clean to encourage healing)
- An antiseptic mouth rinse such as Savacol mouthwash may help ease the discomfort, we do not recommend using this long term
- Soft diet, soft food will reduce trauma from biting
- Painkillers, following the packet instructions
- Warm salty mouthwash

If you have difficulty swallowing, swelling in your face or cheek or difficulty opening your mouth, call us to see a dentist, you may need antibiotics if an infection is spreading.

MANAGING MOUTH ULCERS



PAINFUL ULCER GETTING YOU DOWN?

Although painful, most ulcers will heal within 7-10 days. If an ulcer or oral lesion doesn't heal after 3 weeks, it should be assessed by a dentist or doctor.

Discomfort from ulcers can be relieved with:

- Warm salty mouthwash
- Excellent cleaning, (even if it is painful to brush, the mouth must be kept clean to encourage healing and prevent more ulcers forming)
- Difflam (Benzydamine) spray or mouthwash as needed
- Soft diet, soft food will reduce trauma from biting
- Painkillers, following the packet instructions

If the ulcer has been caused by a rubbing denture please call us for an appointment to see our dentist, who can ease the denture. Remove dentures where possible if causing trauma, not just discomfort. Regular relining help correct loose fitting dentures, which can rub.

LOST A CROWN?



BE GENTLE WITH YOUR CROWN.

If you feel you cannot wait for a dentist to re-cement the crown, carefully follow the instructions below. Take extreme care with your crown to avoid breaking it. If the crown does not fit easily, don't force it. Arrange for a dental appointment as soon as possible, and clean fastidiously in the meantime.

1. Clean and check the crown. If the crown is mostly hollow, you can try to re-cement it at home if you feel confident to do so. Most pharmacies have dental cement available.
2. Remove any debris from the crown so that it sits properly. You can use something like the tip of a paperclip to scrape the old cement away. Clean your tooth thoroughly.
3. Check the crown fits without cement first. Does the bite feel correct? If the tooth feels too tall, it is not fitting correctly. Check for debris inside the crown. NEVER force a crown or post onto your tooth; this can cause the root to fracture. If you can't get the crown to fit, don't panic. Keep the tooth clean and wait until you can see a dentist. Protect the exposed tooth in the meantime as best you can.
4. Crowns should be replaced using only dental cement. Do not use superglue or fixadent to fit your crown. It may result in damage that cannot be repaired by the dentist, resulting in the need for a new crown.
5. Once you have practiced placing the crown, dry the tooth and crown, mix the dental cement as instructed on the packet and fill the crown. Place the crown directly onto the tooth. Bite firmly to press it into place.
6. Remove any extra cement with a toothpick, and floss between your teeth to make sure they do not stick together.

Providing Care Beyond Your Smile

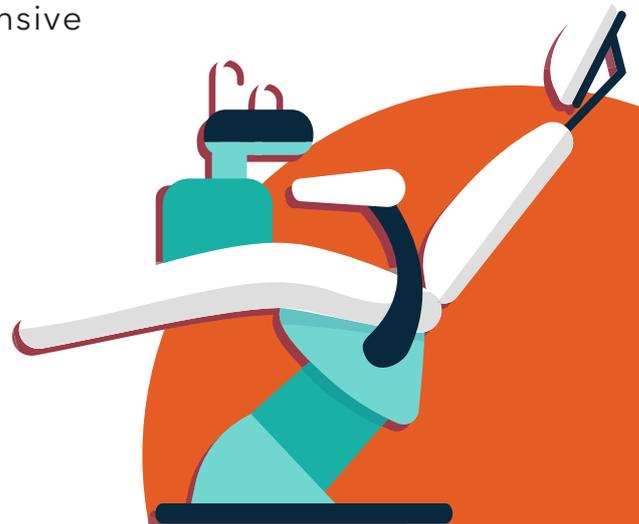


This guide gives great practical advice on things you can do at home to help yourself. However, you will eventually need to see a dentist to address the problem, and not just treat the symptoms.

Where possible we recommend contacting us straight away to arrange a time to see one of our very experienced, capable dentists. Once the dentist has been able to assess what is going on, they can discuss a range of treatments to help you including root canal therapy or fillings.

We really encourage our patients to have regular dental exams, where we do a comprehensive check of your teeth, gums, and tongue.

We can identify any issues early on and monitor closely or treat accordingly. We remain non-judgemental because we only want the best possible outcome for our patients.



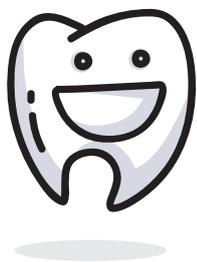
PREVENTION



Treating issues earlier rather than later, saves potential pain; and actually costs a lot less in the long run, as we can usually resolve the problem with less invasive, less complicated procedures.

Regular 6 monthly dental hygiene cleans can be one of your best defences against toothache. Our hygienist can remove any hard build up, that brushing and flossing alone cannot. This reduces the likelihood of hardened tartar and plaque causing your teeth to decay. Which in turn can lead to painful teeth requiring treatment.

Using the latest advances in technology our virtually pain-free Airflow hygiene system delivers a gentle yet effective clean. Even our most sensitive patients love the Airflow and love the shiny, clean feeling their teeth have afterwards.



DENTAL ANXIETY

We understand dental anxiety can prevent people from scheduling regular exams and hygiene cleans. We have some great suggestions to help you cope with your dental anxiety. The Dental Domain team goes the extra mile to help our patients feel comfortable from the moment they walk through the door.

TOP WAYS TO DEAL WITH DENTAL ANXIETY

1. Start by getting to know your dentist

Instead of booking for an exam, book in a time just to talk to your dentist about your dental history, discuss what makes you feel anxious, and you can ask any questions you may have. This is a great way to literally get your foot inside the door of the practice. Getting to know your dentist, helps you learn to trust them before you even get in the dental chair! We are a non-judgemental practice, so do not be afraid to come and see us even if your dental anxiety has resulted in neglecting your teeth. We will work together with you to give you the best and most healthy smile you have ever had!

2. Ask a friend or family member to come with you

Our dentists at Dental Domain are more than happy for someone to sit in the room with you if you are nervous, they can help you feel calm with their presence throughout the appointment. Plus, going with a friend can keep you from cancelling the appointment at the last minute, and getting a late cancellation fee, which can be half the battle.

3. You can also ask your dentist to talk you through the appointment

For some people knowing exactly what is happening each step of the way helps immensely. This may help you gain a greater understanding of the procedure, and therefore feel less uncertainty.



DENTAL ANXIETY

4. Another option is to ask for breaks during any treatment

Our dentists always encourage all our patients to raise their hand if they need a break. A few minutes here and there to calm down and relax may make the procedure easier. If this is something you feel will help you, just remember to mention it to your dentist so we can always allow a little longer for you.

5. Music is calming for the soul

Whatever your jam is, if music keeps you calm and relaxed, talk to us about bringing in a playlist for any appointments. It is a great way to distract yourself with your favourite songs during treatments. You are welcome to use our sterilised Bluetooth headphones, or bring your own.

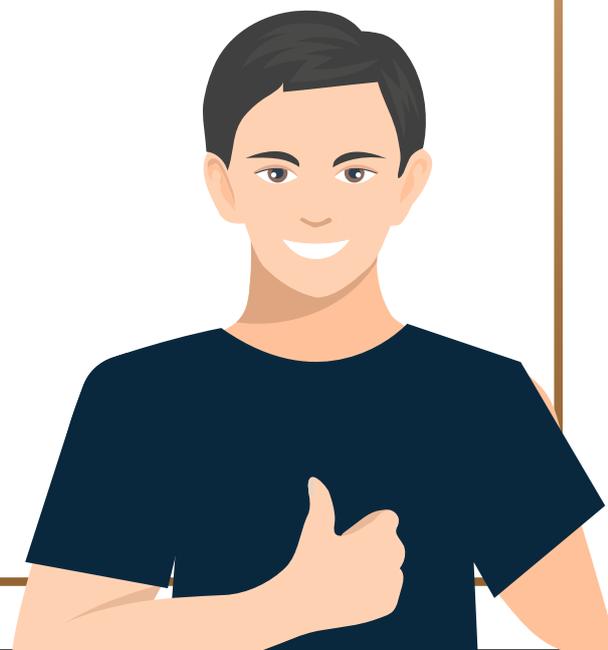
Each dental room has televisions situated on the ceiling as well, so you can watch television or something of your own choosing, which is another great distraction techniques. Just make the request before you come in and we will make sure your favourite show is playing just for you!

6. Year round dental care at home is super important

The best way to care for your teeth is having good dental hygiene at home. Regular brushing and flossing, not smoking, and a healthy diet that is low in sugar are really simple ways to look after your oral health. Therefore you will have fewer dental problems, and have less to worry about when it is time for your exam!

7. Go more often

It may sound counter-intuitive, but going regularly every six months will help! By creating a routine and making check-ups a more regular occurrence in life, this will hopefully make them more of something you simply turn up to, rather than a cause of worry.



DENTAL ANXIETY

Some other tips from our patients are:

“

I listen with my headphones to funny podcasts when I am in the waiting room, and in the dental chair. I try not to get to the appointment too early, as sitting in the waiting room increases my anxiety. And while waiting, I practice relaxation breathing.

“

I like that there is a nice scent in the room. I listen to catchy, familiar songs that everyone knows the words to

Ultimately, managing your dental anxiety will involve a combination of the above options. Dental Domain dentists take the time to listen to your concerns and we ensure that we do everything possible to make your dental treatments a positive experience.





 1 Kagan Avenue, Mangawhai

 09 777 4343  care@dentaldomain.co.nz

follow us  @dentaldomainnz

www.dentaldomain.co.nz