

### 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 5times
- 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

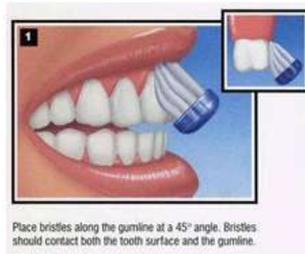
- If you have sensitivity, try using sensitive toothpaste (e.g. **Sensodyne Rapid Relief**)
- Apply the sensitive toothpaste as a cream in the sensitive area at night and leave it there to act for several hours.

## Mouthwash

- We recommend an **alcohol-free mouthwash (e.g. Colgate Fluorigard, 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!**



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