



Oral health – your good health: what you can do during these challenging times.

We are living through challenging and unusual times. The Covid19 virus has changed so much about how we go about our daily business, interact with family and friends, and take care of our health and wellbeing with check-ups or visits to our dentist and other health care professionals.

General good oral hygiene is something we all need to practice daily. It is easy to be distracted, even temporarily from paying attention to a daily routine for you and/ or your immediate family.

Our web site has a wealth of useful tips from brushing and flossing to being mindful of a balanced diet that in effect, limits the amount of daily sugar intake to common risk areas like bleeding gums, and plaque build-up. (see the list & links below). The site also offers useful information on common issues such as mouth ulcers, cold sores, tooth trauma, tooth sensitivity and bad breath.

We always recommend washing your hands before and after you take care of your dental hygiene and brushing your teeth twice a day using a fluoride toothpaste taking the time to navigate your brush to those hard to reach places like the back molars.

If you are worried about an oral health issue for yourself or your family, we would advise you to contact your dentist, who will be able to assist, even over the phone in offering you guidance.

In the event that your own dental practice is closed for routine treatment and is only seeing emergencies, please call or email your practice in the first instance if you need urgent dental care. Please see this notice from the Dental Council Ireland [http://www.dentalcouncil.ie/files/covid/14%20April%202020\\_Advice%20for%20Patients.pdf](http://www.dentalcouncil.ie/files/covid/14%20April%202020_Advice%20for%20Patients.pdf)

Your local pharmacy is also equipped to help. For example, if you have a loose filling/crown and need to have it repaired, it is possible to purchase a temporary filling material repair kit from a pharmacy. This is a temporary remedy meant to replace a lost filling or inlay until you have a chance to visit your dentist.

In the case of broken dentures – ask your pharmacy about denture repair kits

If you have a tooth ache you can ask your pharmacist about appropriate over the counter pain medication and rinse your mouth with warm saltwater. If it persists, contact your dentist as above.

List of useful links on our website:

If you are worried about the oral health of either yourself or someone in your family, we have lots of information and resources on what to do, and these are available on our website.

Including:

1. Please see our guidance on hygiene toothbrushing for Coronavirus/Covid 19  
[https://www.dentalhealth.ie/assets/files/pdf/toothbrushes - covid 19 april 2020.pdf](https://www.dentalhealth.ie/assets/files/pdf/toothbrushes_-_covid_19_april_2020.pdf)
2. If you have bleeding gums  
[https://www.dentalhealth.ie/assets/files/pdf/what\\_hides\\_beneath\\_leaflet.pdf](https://www.dentalhealth.ie/assets/files/pdf/what_hides_beneath_leaflet.pdf)
3. If your baby is teething <https://www.dentalhealth.ie/children/tips.html>
4. If you wear dentures – how to look after them  
<https://www.dentalhealth.ie/olderpeople/looking-after-your-teeth/denture-care.html>
5. If you have dry mouth  
<https://www.dentalhealth.ie/dentalhealth/teeth/salivasubstitutes.html>
6. How to brush your teeth to prevent tooth decay  
<https://www.dentalhealth.ie/specialneeds/how-to-look-after-your-te/effective-toothbrushing.html>
7. If a tooth has been knocked out  
[https://www.dentalhealth.ie/assets/files/pdf/savethattooth\\_new\\_30072014.pdf](https://www.dentalhealth.ie/assets/files/pdf/savethattooth_new_30072014.pdf)

Some fun things for children:

1. Get the whole family involved in brushing their teeth with our fun brushing chart  
[https://www.dentalhealth.ie/assets/files/pdf/low\\_res\\_brushing\\_diary\\_27th\\_april.pdf](https://www.dentalhealth.ie/assets/files/pdf/low_res_brushing_diary_27th_april.pdf)
2. Colouring sheets [https://www.dentalhealth.ie/assets/files/pdf/bandw\\_col\\_cards.pdf](https://www.dentalhealth.ie/assets/files/pdf/bandw_col_cards.pdf)