



Staying on Top of Your Oral Health During COVID-19



It's no secret that COVID-19 has disrupted our lives in several ways. From social distancing and work-from-home arrangements to not being able to access the resources we need the same ways we once did, lifestyle changes have ushered our patients and dental professionals into an era of "new" normal. As the leading providers of tooth extraction, Hamilton Dental Associates knows that while there may exist plenty of things we can't do just yet, we can still take care of our health.

How Do I Keep My Teeth Healthy During COVID-19?

As most of us adjust to new routines, it's easy to put our dental health on the backburner. However, doing so can be detrimental. Here a few tips to keep in mind:

Wash your hands - Lather for 20 seconds both before and after any personal dental care.

Brush twice a day - Additionally, consider cleaning your toothbrush periodically.

Floss once a day - Flossing helps remove bacteria and plaque in areas your brush may not reach.

Maintain a well-balanced diet - Limit sticky, sugary snacks and drinks that can harm tooth surfaces.

Limit frequency of snacking - Excessive snacking increases your risk of developing cavities.

Drink plenty of water - Drink water consistently throughout the day.

Avoid smoking - Smoking hinders blood flow to your mouth, making it easier for bacteria to grow.

General Guidelines for Common Dental Issues

You can temporarily tend to some dental issues with items that may be sitting in your medicine cabinet or a simple purchase away.

Dental pain - The key is to understand whether there is swelling and if the pain continues. As with all medications, both prescribed and over-the-counter (OTC), follow the instructions.

- *For pain without swelling* - Standard OTC may help. You can take either Acetaminophen and Ibuprofen.
- *For pain with swelling* - Turn to OTC pain medicines and rinse your mouth with warm saltwater for short-term relief until you can be seen.

Fractured tooth or lost filling, crown, or bridge - You can grab temporary filling material from your local pharmacy's dental aisle. Most of these products are available online and can be delivered right to your door. Ask or search for "loose cap or filling repair."

Broken or ill-fitting dentures - Search your pharmacy or online retailer for "denture repair kits" or "denture reline kits."

Gum, cheek, tongue and lip pain

- *For children*, OTC medicines such as children's Ibuprofen and Acetaminophen can help. There also exist children's oral gels that may offer relief.
- *For adults*, standard OTC medicated gels, such as Orajel, are available.

If you experience severe tooth trauma or require an involved procedure such as cracked tooth repair, contact our office to schedule an emergency appointment.