

ELBOW TAP TO ALL MY PATIENTS

Ruabon Road Dental Practice Newsletter

Message from Dan ...



Just like you I am experiencing life changes that are alien to me. Having spent the last two weeks in isolation I have learnt to value what is most important; my family, my team and my patients. During this time of uncertainty and anxiety my team and I would like to reach out to all of our patients with a familiar reassuring voice. We will update you about our ever-changing situation offering advice and dental hacks so we can power through this together. Let's stay informed, stay indoors and most importantly stay safe.

Practice Update

The practice remains open to receive calls and emails between 9.30am and 4.30pm. We will also be offering an emergency line over the Easter weekend (10th to 13th April) from 9.30am to 12pm alongside our usual private on-call service.

In order to protect our staff and the public we will triage all calls to determine what treatment is available. This will allow our team to be re-deployed to other parts of the NHS in the fight against coronavirus

Contact Us

For advice, emergencies or to purchase dental products please call us on 01978 364390 or e-mail us on info@wrexhamdentist.co.uk.

Dental Plan Patients

If you are a Plan patient, may we firstly thank you for your understanding at this most difficult time. We will continue to provide your comprehensive dental care as soon as we return to normal service. As a small local business we rely on the support of our loyal patients to move forward together and continue to serve you.



Managing Toothache at Home

To help manage toothache until you can visit us there are a few remedies. If you have a cavity then a temporary filling can be packed in to the space. Temporary filling kits are widely available from supermarkets or pharmacies or you can call or e-mail us to buy a kit to be collected or posted to you. Anti-inflammatory tablets such as ibuprofen can reduce sensitivity. A combination of ibuprofen and paracetamol can be beneficial if you alternate them. However, some reports say ibuprofen may increase the symptoms of COVID-19 so paracetamol alone is probably best if you have any COVID-19 symptoms. **Make sure you do not exceed recommended dosage.** Do not stop taking the anti-inflammatories when the pain stops or it will return. You need to reduce the inflammation of the nerve in the tooth which is causing the pain. Desensitising toothpaste such as *Sensodyne Rapid Relief* is effective or even better *Duraphat* which can be dispensed by us.

Dentures

As the only dental practice in Wrexham with an on-site lab for making and repairing dentures we are still able to offer advice and place you on a priority treatment list. Although the denture clinic is currently closed we are exploring all options to have a service up and running soon and thank you for your patience.



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