

After a Dental Injury

Carefully follow the instructions given by your dentist to promote healing and reduce the risk of complications. Below is a general guide for care after a dental injury.

Soft Diet: A soft diet is usually recommended for 1 – 2 weeks, depending on the extent of the injury. Avoid hard or chewy foods that could strain the injured tooth or area.

Oral Hygiene: Brush your teeth gently but thoroughly twice a day, paying special attention to the gum line. Clean between teeth gently every day. Your dentist may also prescribe suitable mouthwashes or rinses. Keeping your teeth clean reduces the risk of complications.

Splinting: Sometimes a tooth may need to be splinted, for example, with a thin wire. Avoid biting down hard on the splinted tooth. Ensure that the splinted area is also cleaned thoroughly.

Medication: Follow your dentist's instructions for taking any prescribed painkillers or antibiotics.

Follow-Up Appointments: Complications can often appear later, sometimes even years after the injury. During follow-up appointments, the injured area will be thoroughly examined, and X-ray images are often taken to detect any potential issues. Please adhere to the follow-up protocol advised by your dentist.

Contact your dentist if you experience severe pain, increased swelling in the face or jaw area, high fever, or general unwellness.