

# Taking Care of Your Mouth After Dental Trauma

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## How do I take care of my mouth after experiencing dental trauma?

### Cleaning:

- Keep the traumatized area as clean as possible. Good dental hygiene will aid the healing process.
- Clean teeth with a soft toothbrush or washcloth after each meal.
- Rinse mouth with Chlorhexidine mouth rinse (0.12%) twice a day for 2 weeks. (available by prescription)

### Diet:

- As the teeth may be mobile and sore, we recommend a **soft diet** for 2 or 3 days or until you feel comfortable eating normally again.
- Avoid sweets or foods that are extremely hot or cold.

If your doctor prescribed antibiotics or pain medicines be sure to follow the prescription as directed. Over-the-counter medicines such as acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) may help to reduce pain

Call the clinic if you notice a change in the traumatized area such as; change in tooth color, swelling, or increasing pain. These symptoms are common after trauma and may indicate a need for root canal treatment.

You will receive a phone call to schedule a follow-up appointment in our clinic, or, if you choose, you may follow up with your own dentist. If you or your dentist have any questions, please call the Hospital Dentistry clinic at 734-936-5950 during regular business hours.

Recommended schedule for follow-up appointments:

- Every week for the first month or as directed by the dentist
- At 6 weeks
- At 6 months
- After 1 year
- Yearly for 5 years

Remember: when dental trauma receives timely attention and proper treatment, the prognosis for healing is good!!!

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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