

PATIENT GUIDANCE REGARDING HALT ON NON-URGENT DENTAL PROCEDURES

BY: BETTER HEALTH TOGETHER

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What Should I do If I Have Tooth or Mouth Pain?

In Spokane and

surrounding areas, most dentist offices are only providing care if it is an emergency. Some dental offices are temporarily closed. This is short-term. If your mouth or teeth hurt or you think you have a dental emergency CALL your dental provider or local safety-net clinic. Tell them how you feel, including if you have a fever, a cough or chest pain. Your dental team will tell you what to do next. Your dentist may talk with you about your symptoms on the phone or over video chat. If you do not have a dental home call DentistLink. **ONLY GO TO THE EMERGENCY ROOM IF IT IS A LIFE THREATENING EMERGENCY.**

Some examples of dental emergencies are:

- Extreme toothache pain
- Swollen gums, face, or neck
- Bleeding in your mouth that does not stop
- Infection
- Recent trauma to the mouth



Hygiene:

- Wash your hands very often with soap and water. Scrub for at least 20 seconds or use an alcohol-based hand sanitizer if soap is not available.
- Don't touch your face.
- Cover coughs and sneezes with the inside of your elbow or upper arm.
- Stay home if you are not an essential worker.
- Take care of your teeth and mouth. Brush and floss your teeth, clean your tongue, swish, and spit, and gargle twice with mouthwash.