

Lost filling?

- If you have lost a filling but it's not painful, this is not an urgent problem and you will need to wait until you are able to see your dentist for a routine appointment again.
- It's important in the meantime that you keep the tooth as clean as you can by brushing well for 2 minutes twice a day.
- Sometimes a lost filling will mean that your tooth feels sharp, becomes sensitive to hot, cold or sweet food and drink or that the hole collects food.
- To stop this, try using a **temporary filling kit**, available at supermarkets or pharmacies. Often this is enough to keep the tooth going until you are see your dentist again.
- As a more temporary solution, try covering sharp edges with chewing gum or soft wax.
- Avoid biting hard food with a tooth that has lost a filling as it may have been weakened.
- If the tooth is sensitive, avoid things that bring on pain e.g. hot, cold or sweet food and drink. Try leaving a smear of sensitive toothpaste on the sensitive area (don't rinse it off after).



If you have taken these measures and you are gaining no relief from painkillers, call your dental practice by telephone and they can provide further advice. If you don't have a regular dentist call NHS Direct Wales on [0845 46 47](tel:08454647) or [111](tel:111) for advice.