

## Emergency Dental Treatment

### Advice

**If you require an emergency dental appointment or are looking to register with an NHS dentist for routine treatment, during the working day please call the:**

**Dental Helpline on 01633 744387**

**You will be greeted with the following message:**

#### **This is the Gwent Dental Helpline.**

If you are seeking to register with an NHS Dentist for **routine treatment**:

**Press 1**

You will hear an automatic message... Please leave your name and full postal address, including house name or number, street name and postcode. Please spell any difficult words and we will send you a list of Dentists currently accepting new NHS dental patients in your area. Please note that this applies to the following areas only:

Blaenau Gwent  
Newport  
Monmouthshire  
Torfaen  
Caerphilly

**Press 1 to leave a message**

If you are seeking an **Emergency Appointment or are house bound**:

**Press 2**

You will speak to one of the Dental Helpline staff who can only allocate a limited number of emergency slots every day. Please note, only same day appointments are allocated. You may have to wait in a queue as this service gets very busy.

**The helpline operates as follows –**

**Monday - Friday 9:00am - 4:00pm**  
**Evenings - 6:30pm – 10:00pm**  
**Bank Holidays & Weekends - 8:00am - 10:00pm**

**For a list of Dentists taking on NHS patients in your area please email:-**  
**ABBDental.Helpline@wales.nhs.uk**

**What is a dental emergency?**

The following are classed as emergencies:-

- Dental bleeding that will not stop.
- Acute spreading infection
- Broken tooth with pain.

**For severe toothache you can contact the Dental helpline to seek advice.**

**What should I take for Pain?**

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| <p>Painkillers, such as <b>Paracetamol, or Co-Codamol</b> are useful to ease pain, but it is best to take them regularly for a few days or so rather than every now and then.</p> <p>They can be bought over the counter, from a pharmacy or local shops. Make sure you do not take any other product containing Paracetamol as well.</p> <p>If Paracetamol does not help at all despite taking the recommended dose then try changing to Ibuprofen 400 mg three times a day. You can also take both drugs – speak to a pharmacist about the best way to do this. If you have been advised not to take Ibuprofen in the past or are on any blood thinning tablets then avoid Ibuprofen.</p> <p><b>With all medication it is essential that you follow the instructions on the packet or bottle carefully.</b></p> | <p><b>Anti-inflammatory painkillers</b> can also be used. These relieve pain and may also limit inflammation and swelling, however if you are pregnant or trying to get pregnant you should not use them.</p> <p>Side effects sometimes occur with anti-inflammatory painkillers - stomach pain and bleeding from the stomach, are the most serious. Some people with asthma, high blood pressure, kidney failure or heart failure may not be able to take them either. They can be bought over the counter, from a pharmacy or local shops.</p> |
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**If you are at all concerned about your injury please contact the relevant Emergency Department or Minor Injury Unit (MIU):**

**Royal Gwent Hospital: 01633 234056**  
**Nevill Hall Hospital: 01873 732073**  
**Ysbyty Ystrad Fawr (YYF) MIU 01443 802353 or 802349**  
**Ysbyty Aneurin Bevan (YAB) MIU: 01495 363318**

**“This document is available in Welsh /  
Mae’r ddogfen hon ar gael yn Gymraeg”.**