



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Dental Emergency Advice

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

Dental Helpline on 01633 744387

Email: ABBDental.Helpline@wales.nhs.uk

What is a dental emergency?

The following are classed as emergencies:

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

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

What should I take for Pain?

Painkillers, such as **Paracetamol, or Co-Codamol** 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.

They can be bought over the counter, from a pharmacy or local shops. Make sure you don't take any other product containing Paracetamol as well.

With all the medications, it is essential that you follow the instructions on the packet or bottle carefully.

Anti-inflammatory painkillers (like Ibuprofen) 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 shouldn't use them.

Its best avoided if you are on a blood thinning tablet. 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.

Reference:

[The Community Dental Service - Aneurin Bevan University Health Board](#)

**This document is available in Welsh/
Mae'r ddogfen hon ar gael yn Gymraeg**