

## PALM BEACH DENTIST OFFERS TIPS ON FIXING DENTAL EMERGENCIES AT HOME

*Office Remains Open for Dental Emergencies During Stay-At-Home Order*

Palm Beach Implant, Cosmetic and Reconstructive Dentist Mitchell Josephs understands the concerns of many patients of leaving their home during the Stay-At-Home order. He is therefore keeping his doors open for those that are comfortable still coming to his office, and offering virtual consults to all through what he calls “teledentistry.”

From now until May 8, 2020 (with the potential to change based on stay-at-home order), Dr. Josephs is accepting teledentistry consults at no charge (regardless if you are current patient or not). This means, if you have a concern or question, you can send a photo of a tooth using your smartphone to Dr. Josephs’ office and he will provide feedback and advice via telephone and/or email ([Drjosephs@palmbeachdentist.com](mailto:Drjosephs@palmbeachdentist.com)).

Dr. Josephs is also guiding patients on what emergencies can be handled safely at home with products that can be found in the house; and which ones he recommends still heading to the doctor’s office and having the dentist handle.

**For example, the following dental issues can be safely dealt with at home, according to Dr. Josephs:**

- **Re-cementing a temporary or permanent crown can.** Dr. Josephs says to take the temporary crown off and rehearse placing it back on the tooth (the crown is in the correct place if teeth come together when biting down). Next, use the open end of a paperclip to scrape out the temporary cement inside the crown. (Be sure there is no temporary cement on the tooth). Finally, squeeze a few drops of Fixodent denture adhesive into the temporary crown and re-cement it back on the tooth.
- **Removing a foreign body stuck in the gum.** Dr. Josephs advises patients to tie a double knot in a strand of dental floss and then un the knotted portion of the dental floss between the teeth to scrape out the foreign body under the gum line.
- **Lost fillings.** If a filling comes out, Dr. Josephs suggests saving the piece to show your dentist. To temporarily fix the lost filling, gently brush the tooth with toothpaste and lukewarm water. Then, plug the hole using over-the-counter products such as Temparin or Dentemp until you can see a dentist.
- **Chipped tooth leaving a jagged edge.** Dr. Josephs says to cover the exposed area with dental wax, which can be found at most local drug stores. (Typically, DIY sealants are usually only good for up to 48 hours.) If necessary, use a nail file to file down the rough spots. However, it is important to keep the area covered until you can see a dentist.
- **Suspicious mouth ulcers and other lesions.** There are a few remedies to treat painful mouth ulcers and lesions at home, according to Dr. Josephs. These treatments include rinsing with saltwater and baking soda, covering the area with a baking soda paste, using a mouth rinse containing a steroid, or using over-the-counter benzocaine (topical anesthetic) products.

Dr. Mitchell Josephs can be reached by calling 561-832-4675 or emailing [Drjosephs@palmbeachdentist.com](mailto:Drjosephs@palmbeachdentist.com). Learn more at [www.palmbeachdentist.com](http://www.palmbeachdentist.com).



### **Palm Beach Dentist Adds New Telehealth Dental Options to Office**

*Dr. Mitchell Josephs is Open and Treating All Non-Elective Dental Needs in Office;  
Also Now Offering Telehealth Dental Option to All New and Existing Patients*

**Palm Beach, Florida – March 25, 2020:** As many people across America suddenly find themselves working from home, any normalcy of life has come to a screeching halt. Though fortunate to continue working, it can be very jarring for some to have their daily routines turned upside down. Experts are offering tips on how to most effectively work from home, however few are talking about one of the biggest casualties of interrupted daily schedules – hygiene. This is especially the case when it comes to dental hygiene, and in light of the American Dental Association’s advisement to reschedule all elective dental procedures for the time being, many dental practices are limiting hours, offering emergency care only, or even [shutting down completely](#).

Luckily, Palm Beach dentist Dr. Mitchell Josephs is open for essential treatments – which include tooth fractures, tooth aches, lost or broken crowns, gum swelling, loose implant, and more – AND has additionally added a telehealth solution to his offerings. Dr. Josephs’ innovative intra-oral camera allows patients to capture images of their teeth then automatically saves them to your smart phone or computer. The pictures can then be texted or emailed to Dr. Josephs and his team for a cyber dental consult. The device works the same way as an in-office camera, but because it is completely portable, it can be used anywhere.

Dr. Josephs is currently offering cyber dental consults for new and existing patients while Florida’s State of Emergency is in place (which currently runs through May 7, 2020). Dr. Josephs can be contacted by emailing [drjosephs@palmbeachdentist.com](mailto:drjosephs@palmbeachdentist.com), calling 561-832-4675 or visiting [www.palmbeachdentist.com](http://www.palmbeachdentist.com).

#### **About Dr. Mitchell Josephs**

Dr. Mitchell Josephs, DDS, practices Implant Cosmetic and General Dentistry with an emphasis on implants, veneers and complex crown and bridge treatment. Dr. Josephs is dedicated to giving patients comprehensive treatment along with the respect and compassion they deserve. Providing both long-term and short-term dental care, Dr. Josephs upholds his promise of giving every patient the best care possible. For more information, visit <https://palmbeachdentist.com/>.