

# Toothache



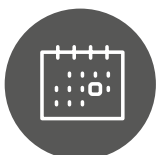
## ASK YOURSELF?

- Is the pain a constant dull ache or a short sharp pain?
- Have you got a:
  - Hole in your tooth?
  - Broken tooth?
- Lost a filling or crown?
- Is your mouth or face swollen?
- What triggers the pain?
- What relieves the pain?
- What analgesics help?
- Have you had cold/sinus symptoms recently?



## ADVICE

- Short sharp pain can be triggered by hot/ cold/ sweet and acidic food. A desensitising toothpaste can help relieve pain temporarily
- Constant dull ache can be related to tooth or gum infection
- The most effective analgesics are paracetamol and ibuprofen taken as an alternate dose every 4-6 hours (dependant on the analgesic dose and contraindications)
- A swollen gum adjacent to the painful tooth indicates possible infection- seek urgent dental assessment
- Temporary relief of broken teeth or lost filling can be managed with a temporary dental filling kit
- Sinus symptoms can impersonate toothache of upper teeth, provide analgesia and advise dental assessment
- Maintain oral hygiene



## FOLLOW UP

- Seek dental assessment and treatment even if the problem resolves as this is a temporary solution and the problem will often reoccur much more severely in the future
- Avoid pain triggers and seek dental assessment
- Dental assessment is required if pain cannot be managed by analgesics or self-measures



## ALERT

- Patients who have dental pain associated with a decayed or fractured tooth may develop a dental swelling or abscess, this can occur inside the mouth and on the face
- If a swelling develops this requires urgent dental assessment



## SELF CARE

- Paracetamol, ibuprofen (as required for pain relief)
- Desensitising toothpaste
- Temporary dental filling kit
- Topical sinus agents