



Dental pain is commonly called a toothache. While there are sources of pain in the mouth that do not specifically involve your teeth, most are often the result of a dental disease.

An **infection** that causes **inflammation inside** the tooth chamber may cause severe, **sharp, shooting** pain with **sensitivity** to hot and/or cold temperatures.

While an **infection** or **inflammation around** the tooth's roots typically causes a more **dull, aching** type of pain that will be aggravated by **chewing**.

WHAT ARE COMMON CAUSES OF TOOTHACHES?



CAVITIES



GUM INFECTIONS



GUM RECESSION



CRACKED TEETH



CLENCHING/
GRINDING



A HIGH SUGAR DIET



LACK OF PROPER CARE



JAW MUSCLE PAIN



SINUS INFECTIONS



MOUTH SORES



TOOTH MOVEMENT



ROOT AREA INFECTIONS

The first and most important step in eliminating dental pain is obtaining an accurate diagnosis. Here are a few of the most likely causes of dental pain:

NEVER ATTEMPT TREATING DENTAL PAIN ON YOUR OWN

This includes attempts at extracting a tooth, filling a cavity, or draining an abscess. Attempting these treatments on your own can put you at risk for serious infection! Dental problems like cavities, cracked teeth, and gum infections **do not** fix themselves, and **will only get worse** without proper treatment.

HOW CAN I EASE MY SYMPTOMS AT HOME?

While waiting for your dental appointment, here are some ways to find temporary relief.



OVER-THE-COUNTER PAIN RELIEVERS

Most people find temporary relief in painkillers like Tylenol and Advil. Make sure to take only as directed.



OVER-THE-COUNTER TOOTHACHE MEDICATION

If you have a large cavity, you can try a tooth numbing medication directly into the problem area. Look for the ingredient Eugenol.



SALT WATER RINSES

Warm salt water has been proven to reduce inflammation. This is particularly useful in reducing the irritation of gum infections and dental abscesses.



A SOFT DIET

When the cause of your toothache involves inflammation at the tooth's root, chewing will intensify your pain. A soft diet will reduce continued injury as you heal.

WHEN IS MY PAIN AN EMERGENCY?

Any time you are experiencing dental pain you should plan to see your dentist for an accurate diagnosis. **If you experience any of these more serious symptoms**, you should **seek urgent care** immediately.

- Swelling In The Mouth, Face, And/Or Neck
- Visible Pus Draining In The Mouth, Face And/Or Neck
- Swollen Lymph Nodes Near An Infected Tooth

- Inability To Open And Close Your Mouth Normally
- Trauma To An Area Of The Mouth With Bleeding
- Trauma With A Broken Or Dislodged Tooth
- Fever

WHAT SHOULD I TELL MY DENTIST?

An accurate diagnosis is the first, and most important step in dealing with dental pain. Your dentist will likely use a helpful mnemonic device called **SOCRATES**. Communicate clearly and honestly to ensure an accurate diagnosis and timely treatment.

- S SITE**
Point to where you feel pain.
- O ONSET**
When did you notice the pain?
- C CHARACTER**
Describe your pain in words like sharp, dull, or ache.
- R RADIATION**
Does the pain stem from a different source?
- A ASSOCIATIONS**
What additional symptoms do you feel?
- T TIME COURSE**
When does your pain most often occur?
- E EXACERBATING OR RELIEVING FACTORS**
What makes the pain worse or better?
- S SEVERITY**
On a scale of 1 to 10, how would you rate the pain?

WHAT ARE THE TREATMENTS FOR DENTAL PAIN?

Once your dentist has determined the underlying source of your pain, he or she will recommend dental procedures to treat your condition and relieve your discomfort.



ROOT CANAL



FILLINGS



DENTAL CROWNS



PRESCRIPTION ANTIBIOTICS



TOOTH EXTRACTION

DENTAL PAIN: YOUR NEXT STEPS

If you are suffering from dental pain, do not put off your next dental visit! It takes both you and your dentist working together to stop dental problems from developing. While this does take some time and effort, regular treatment can save you the pain of a toothache in the future.

Schedule an appointment for diagnosis and treatment of your dental pain today.

▶ WANT TO KNOW MORE? GET IN TOUCH!

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