



# TOOTH PAIN

Dull, throbbing or sharp ache in one or more teeth

## CAUSES

### GUM DISEASE

Gum disease is when the gums surrounding the base of the teeth are inflamed causing tooth loss in most people. The most common type of gum disease is gingivitis.

#### Symptoms:

- Toothache
- Bleeding in the teeth
- Intense sensitivity to extreme temperatures of hot and cold
- Bad breath
- Fever

#### DO:

- Take plenty of rest.
- Take over-the-counter pain medication to relieve toothaches.
- Consult a dentist for antibiotics that may be needed to combat the infection.
- Brush twice a day and floss regularly to remove plaque deposits on teeth.
- Have teeth cleaned and checked twice a year by a dentist.

#### DON'T:

- Don't smoke.

### TOOTH ABSCESS

A tooth abscess occurs when there is an infection or inflammation in the bone or tooth canals. Normal treatment procedure for tooth abscess is a root canal or tooth extraction. Antibiotics will also be prescribed to fight the infection.

#### Symptoms:

- Throbbing and constant tooth pain
- Fever and headache
- Neck or jaw tenderness in painful area
- Bad breath and foul taste in the mouth

#### DO:

- Gargle with warm salt and water solution every hour.
- Take a liquid diet which consists of soups, fruit juices, and other foods that do not need rigorous chewing for a couple of days. Stay away from sweet or spicy foods for the meantime.
- See a dentist.

#### DON'T:

- Do not drink liquids that are of extreme temperatures.
- Do not chew gum.



*Train your kids to brush their teeth as a habit. This prevents tooth decay.*



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### TOOTH DECAY

Tooth decay is the destruction of the enamel, the outer surface of the teeth from bacteria in plaque. The plaque bacteria utilizes the sugar and starch from food to produce the acid which can break down the enamel.

#### Symptoms:

- Intense sensitivity to extreme temperatures of hot and cold
- Throbbing pain in the tooth
- Bad breath
- Visible hole in the tooth

#### DO:

- Take over-the-counter pain medication
- Brush and floss regularly.
- Stay away from very sweet foods.
- Consult a dentist who may elect to pull out damaged teeth.

#### DON'T:

- Don't smoke.

### OTHER CAUSES

Other causes may include injury or sinus pain.

### Basic Dental Care Pointers

- Brush your teeth at least twice a day.
- Floss daily.
- Visit your dentist at least once a year.
- Have your teeth cleaned regularly by your dentist.
- Change your toothbrush every three months to ensure that the bristles are in good condition.
- Stay away from sweets and food that are hard to chew.
- Gargle with mouthwash.
- Ensure that your dentist is highly qualified and practices proper sterilization and cleanliness in his/her clinic.

