



Dental Emergency: First Aid for toothache relief

FOR DR. ROZE BIOHEALTH CLINICS | MONDAY JULY 25 , 2022

BIODENTAL

Chewing, talking, and even sleeping can be difficult when you get a sudden toothache. The most likely explanations for sudden tooth pain are cracked, infected, or abscessed teeth. Other causes include:

- injury to your face
- teeth impacted in your jaw (especially wisdom teeth)
- Gum disease

- Teeth grinding
- Tooth sensitivity
- Congestion or sinus infection

Most causes of sudden tooth pain are easily treatable by your dentist, so you should make an appointment right away. In the meantime, there are some remedies you can try to find temporary relief from the pain.

1/- What are the few « over the counter » toothache relief products?

There are a few over-the-counter (OTC) products available at your local drugstore to treat a toothache. Consider the following while you wait for your dentist appointment:

- Non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Motrin, Advil) or naproxen (Aleve), target inflammation and can give you some respite from the pain. Keep in mind, however, that taking ibuprofen over a long period of time can irritate or damage your stomach, kidneys, and liver.
- **Acetaminophen:** If you can't take NSAIDs, acetaminophen (Tylenol) is a good option for temporary pain relief from a toothache. Be sure to read the label and follow instructions for the correct dosage. Taking too much acetaminophen could also damage your liver.
- **Toothache drops and gels:** Medicated gels or drops can also help reduce toothache pain. These products typically contain ingredients like benzocaine, which help numb the area when applied topically.
- **Temporary fillings:** Temporary tooth fillings, available OTC at pharmacies, and include repair kits for softening the edge of a lost filling or loose cap.

These repair kits aren't meant to last long, so you'll need to contact a dentist to have the temporary filling replaced with a permanent one.

2/- Home Remedies

Home remedies can also be used to help with a toothache until you can visit a dentist.

- **Clove oil** is a popular home remedy for toothaches. In fact, cloves have been used for centuries for tooth pain. A [2016 research review](#)^{Trusted} [Source](#) showed that cloves contain an active ingredient called eugenol, which numbs the skin it touches. You may be able to find clove oil at the medicinal section of your supermarket.

Squeeze a few drops of clove oil into 1 teaspoon of olive oil (or another [carrier oil](#)) in a small dish. Then soak a cotton swab into the mixture. Place the soaked cotton ball over the painful tooth and allow it to sit for 5 to 10 minutes.

Clove oil is considered safe in general, but is not recommended for use in children.

- **Saltwater rinse** : Try gargling with a [saltwater rinse](#) to help with tooth pain. Salt is an antiseptic that can also reduce inflammation.

A [2016 study](#)^{Trusted} [Source](#) showed that rinsing your mouth with saltwater promotes healthy gums and improves healing of sores or ulcers. To make a saltwater rinse, combine 1 teaspoon of salt with an 8-ounce glass of lukewarm water and mix well. Swish the solution in your mouth for up to 30 seconds, then spit it out.

- **Hydrogen peroxide rinse**: For temporary relief, consider rinsing your mouth with [hydrogen peroxide](#) diluted in water. Start with a 3-percent concentration of hydrogen peroxide (this is what you'll find in a brown bottle sold at most drugstores). Mix 1 part hydrogen peroxide with 2 parts water.

After swishing in your mouth for about 60 seconds, spit out the solution. Do not swallow it. Afterward, rinse with water.

A [2011 research review](#)^{Trusted} [Source](#) showed that a hydrogen peroxide rinse may help reduce gum inflammation.

- **Garlic**: contains a compound called allicin, which has antibacterial and antimicrobial properties. A [2015 research review](#)^{Trusted} [Source](#) showed that it may help kill some of the bacteria associated with toothaches.

- **Clove oil** is a popular home remedy for toothaches. In fact, cloves have been used for centuries for tooth pain. A [2016 research review](#)^{Trusted} [Source](#) showed that cloves contain an active ingredient called eugenol, which numbs the skin it touches. You may be able to find clove oil at the medicinal section of your supermarket.

Squeeze a few drops of clove oil into 1 teaspoon of olive oil (or another [carrier oil](#)) in a small dish. Then soak a cotton swab into the mixture. Place the soaked cotton ball over the painful tooth and allow it to sit for 5 to 10 minutes.

Clove oil is considered safe in general, but is not recommended for use in children.

- **Saltwater rinse** : Try gargling with a [saltwater rinse](#) to help with tooth pain. Salt is an antiseptic that can also reduce inflammation.

A [2016 study](#)^{Trusted} [Source](#) showed that rinsing your mouth with saltwater promotes healthy gums and improves healing of sores or ulcers. To make a saltwater rinse, combine 1 teaspoon of salt with an 8-ounce glass of lukewarm water and mix well. Swish the solution in your mouth for up to 30 seconds, then spit it out.

- **Hydrogen peroxide rinse**: For temporary relief, consider rinsing your mouth with [hydrogen peroxide](#) diluted in water. Start with a 3-percent concentration of hydrogen peroxide (this is what you'll find in a brown bottle sold at most drugstores). Mix 1 part hydrogen peroxide with 2 parts water.

After swishing in your mouth for about 60 seconds, spit out the solution. Do not swallow it. Afterward, rinse with water.

A [2011 research review](#)^{Trusted} [Source](#) showed that a hydrogen peroxide rinse may help reduce gum inflammation.

- **Garlic**: contains a compound called allicin, which has antibacterial and antimicrobial properties. A [2015 research review](#)^{Trusted} [Source](#) showed that it may help kill some of the bacteria associated with toothaches.

A [2018 research review](#)^{Trusted Source} showed that allicin is created when garlic cloves are crushed, chewed, or chopped. The compound is only present for a small amount of time, so you'll need fresh garlic cloves for this remedy.

You can either gently chew on a peeled clove of garlic to release allicin or crush the garlic using a mortar or the back of a spoon and apply it directly to the affected tooth with a cotton swab or your fingers.

- **Peppermint tea:** [Peppermint tea](#) may help to numb the painful area of your mouth. A [2013 study](#)^{Trusted Source} showed that peppermint tea also has antimicrobial properties, so it can fight against the oral bacteria that lead to tooth decay.

First, make a cup of tea by boiling water and adding a teaspoon of dried peppermint leaves or a teabag of peppermint tea. Remove the tea bag or strain the tea leaves and allow it to cool. Rinse your mouth with the cooled tea. You can repeat as needed for relief.

Aloe vera: [Aloe vera](#) is a plant that has anti-inflammatory and antibacterial properties. Aloe vera can help ease some of the inflammation related to gum disease or other irritation in your mouth.

A [2015 research review](#)^{Trusted Source} showed that aloe vera gel could improve symptoms of periodontitis, a serious gum disease that destroys the bone supporting your teeth. One [2016 study](#)^{Trusted Source} even found aloe vera mouth rinse to be just as effective in reducing periodontal disease as chlorhexidine, a commonly used germicidal mouthwash.

You can find aloe vera mouthwash at grocery stores. Swish in your mouth for 30 seconds or so, twice per day, and spit out.

- **Elevate your head:** Try sleeping with your head elevated on a pillow or several pillows. This will prevent pressure caused by blood flow into your head and mouth and may reduce swelling.
- **Ice packs:** Ice can be helpful for facial swelling or an injury to your mouth. Ice constricts blood vessels, which can reduce pain. You can apply an ice pack or a bag of ice wrapped in a towel to your jaw or face in 15-minute intervals.

3/- What to avoid absolutely to do :

Try to avoid the following activities as they may make a toothache worse.

- Don't smoke, since it can lead to tooth decay and is generally bad for the health of your teeth.
- Avoid chewing tobacco, as it can rot your teeth.
- Don't brush or floss too hard. This can wear out the enamel of your teeth and damage your teeth and gums.
- Don't eat crunchy or sticky foods, which can further damage your teeth.
- Avoid hot or cold drinks and foods since your teeth may be more sensitive especially if any nerves are exposed.

If you have a toothache, **schedule an appointment with us right away.** In the meantime, you can try OTC medications, like ibuprofen or a topical analgesic, or home remedies, like gloves and garlic.



Listen to our Podcast on Spotify

Take our QUIZ

To learn more about our specialists in cosmetic services