

Toothache Relief? Help is at hand!

Any injury to the teeth or gums can be very painful. Toothache can be debilitating – it can affect your professional and personal life, and make your life a living hell! And if pain does occur in the mouth, it's an important signal that you should not ignore – even if it goes away on its own.

Why do toothaches occur?

Toothaches occur because the nerve at the root of the tooth is irritated. This could be due to several factors. In some cases, your gums or teeth may have been injured without you noticing, and now the inflammation causes them to hurt. Sudden pain can be caused by pieces of food that come in contact with a decayed area of the tooth. If you have sensitive teeth, you can develop tooth pain from drinking something hot, cold, or sweet. If the pain is getting worse over time, it may be caused by food that's stuck between your teeth and gums. Bacteria multiply in the hard-to-reach areas of the mouth, and an infection of the tooth and gum may develop.

What can I do?

The best way to prevent toothache is to keep your teeth and gums healthy. Try to avoid cavities by reducing your intake of sugary foods and drinks, and brush and floss regularly. If you experience toothache, it is very important that you call your dentist and make an appointment. Here at Alkali, we can treat all causes of tooth pain and discomfort quickly and efficiently.

Just call 02087888588 or pop in to Alkali Dental Studios at 226a Upper Richmond Road, London and we will be happy to help!

In the meantime, here are some steps you can take at home to relieve the pain:

- Take an over-the-counter pain reliever, such as Ibuprofen, Aspirin, or Acetaminophen. Medicating the pain will not stop the infection spreading, so even if the pain is relieved, do not delay going to a dentist!
- Use warm salt water to rinse your mouth every 45 minutes or so. Although this won't get rid of the infection, it may ease the gum swelling.
- Brush and floss the areas where any food debris may be trapped.
- In the case of losing a filling or a crown, apply a cotton swab dipped in clove oil to the exposed part of the tooth, but NOT the gums. This temporarily

numbs the nerve and soothes toothache. You can buy clove oil at your local pharmacy or drugstore.

Remember, if you seek professional help right away, the treatments are often very simple!