



# How to Keep Toothache Pain at Bay Until You Can See the Dentist

## Using Items You Have in Your Kitchen Cupboard Right Now!

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## Message From The Author

Hi, I'm Jenny Evans Dunham, and I've been an avid researcher of alternative health treatments for the past 25 years. Due to health challenges that have prevented me from using traditional medical treatments, out of necessity I have found many nontraditional health treatments that worked for me.

This is one of my first medical guides. I hope you find the information useful. My fondest wish is that your pain be eased or reduced.



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## Ouch! My Tooth Hurts

Tooth pain is one of the most uncomfortable types of pain you can imagine. When your mouth is hurting, it's pretty hard to function. I could go into all the possible causes of toothache but you're in pain and, if you're like me, you can't even think clearly when you're hurting. Whether it's a sharp sudden pain or a constant throbbing pain, tooth pain can definitely interfere with your life.

So what should you do when you have tooth pain?

Set up an appointment with your dentist ASAP. Even if in the end you don't actually have a tooth issue, your dentist is the best healthcare provider to determine what may be causing this type of pain.

But what do you do if you can't get in for a few days or if your pain occurs over the weekend when the dentist's office is closed? Fortunately, there are some remedies you can try to make yourself more comfortable. And, the really good news is that you probably have many of these in your own kitchen cupboard right now.

## Ice Compress and Ice Cold Mouth Rinse



Ice works by numbing the area where you place it. This interrupts the pain signals that the nerve cells transmit to the brain giving you temporary relief. It also reduces swelling and inflammation that arises from infection from abscesses.

**Tip:** If you have extremely sensitive teeth or you suspect the pain is related to a tooth sensitivity, this method may be too uncomfortable for you to try.

How to use ice for pain relief:

- Try using an icepack if you have one. Place the icepack directly on the affected side and compress it. This should help to dull the pain within a few minutes. If you don't have an icepack, a bag of frozen vegetables works just as well.
- If you don't have an icepack or any frozen vegetables, using ice is the next best thing. Wrap an ice cube inside a washcloth and run cold



water over it for 10 seconds, enough to dampen the area containing the ice cube. Place the washcloth on the tooth itself or within the area of the toothache. This should help to take the edge off the pain.

- You can also rub an ice cube directly on the cheek over the area of pain. This gives almost instant pain relief.
- Try placing an ice cube or a piece of ice in your mouth directly over the affected tooth or area of pain. Leave it in for as long as you can stand it. The longer you leave it in the greater the numbing effect on the pain.
- Swirling and rinsing the mouth with cold water or ice water is also effective at minimizing pain.