

Camping at Home

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Dental Emergencies

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How to Stop a Toothache With Home Remedies

If you are unable to have your toothache examined right away by a dental professional, you're still likely seeking relief from the pain. Luckily, many items you can find right in your home can help!

Salt+Hot Water

The most common, and arguably the easiest, method for relieving tooth pain can be accomplished easily with just salt and water, something everyone has in their kitchen. Salt and hot water has long been known to provide relief for toothaches. This solution will draw out the fluids from the gums that are causing the irritation and help reduce the aching sensation.

Mixing a single tablespoon (1 tbsp) of salt in a glass of hot or warm water and then rinsing/gargling will provide the relief, which can be repeated if necessary.

Ice or Cold Compress

Probably the most obvious and easiest to do method of pain relief, using ice or a cold compress on the inside or outside of the side of your mouth that has the hurting tooth.

Hydrogen Peroxide

Head to the bathroom of your house and find this common ingredient to help with pain relief. Use hydrogen peroxide by itself or diluted in water – simply gargle it and spit!

Alcohol

Want to numb your tooth pain? Swishing alcohol like whiskey, scotch, vodka, and brandy will kill the germs and help numb the area around the tooth. A cotton ball soaked in alcohol and applied to the affected area might also be a good way to apply this pain reliever.

Note: We do not recommend this method for patients under the age of 21 under any circumstances.

Apple Cider Vinegar

Not only does apple cider vinegar have anti-inflammatory and antiseptic properties, but because it is acidic, it also kills the bacteria causing your toothache. You can use apple cider vinegar for pain by soaking a cotton ball in it and pressing it gently on the tooth.

Peppermint Leaves, Peppermint Extract, or Peppermint Tea

Peppermint is known for its ability to reduce swelling and soreness, so it's no wonder there are so many ways you can utilize it to help with a toothache! If you have fresh peppermint leaves, you can chew them to help with the pain, or if they are dry, simply hold them against the tooth.

If you have peppermint extract on hand, soak a cotton ball or a Q-tip in it and hold it on the affected tooth for a brief time.

Finally, you can use peppermint in tea with just a few dry leaves in a cup of warm water.

Simply steep them for 20 minutes and swish some in your mouth.

Vanilla, Almond, Or Lemon Extract

Soaking a cotton ball or cotton swab Q-Tip in any of these extracts will provide temporary pain relief to an aching tooth or mouth. Simply hold the extract-soaked cotton to the pained area for a short period of time.

Oils

There are several oils that contain pain relieving and anti-inflammatory properties that can be used to temporarily reduce toothache pain. Methods of application can be rinsing your mouth with a small amount of oil combined with water, or applying the oil directly to a cotton swab or cotton ball.

Here is a list of oils that can be used for tooth pain relief:

- Sunflower oil
- Sesame oil
- Oregano oil
- Nutmeg oil
- Clove oil
- Tea tree oil

Leaves & Roots

Plantain leaves, ginger root, and garlic are all able to reduce pain similarly to the above mentioned temporary treatments. The leaves have anti inflammatory properties and the roots have antibacterial properties, both of which will help relieve pain to the sore area(s).

Plantain leaves relieve tooth pain easily. To release the anti inflammatory agents, you will need to chew the leaves. Once this is done, hold the pieces of leaves over the sore area(s) to continue aiding in the pain relief process.

To use garlic for relief, crush a garlic clove into a paste. For additional pain reduction, you can mix rock salt into the paste and then apply directly to the sore area.

Using ginger to relieve pain is a much simpler process. Like with the plantain leaves, all you need to do is take a fresh piece of ginger and chew it. Doing this should bring pain relief shortly.

Citrus

They may be a bit sour, but lemons and limes can also provide relief from a toothache. High amounts of citric acid and vitamin C present in both fruits work to destroy bacteria and support the immune system. To use lemons and limes for tooth pain relief, prepare the lemons and limes by cutting them into slices, bite into them partially to release the juice, and then place into sore areas.

Potatoes

Believe it or not, a raw potato can absorb excess moisture (as many people who

experience tooth pain might also notice they are producing extra saliva) and help reduce swelling. If you have a potato and want to explore this method, slice a medium size piece and hold it inside your cheek against the painful tooth. You can also try mashing some potato with some sea salt and applying it like a paste to the tooth.

Onions

Onions are another root vegetable that can aid in the toothache relief process. Like with some previously mentioned methods, simply chew a small slice of fresh onion for a few minutes, or you can hold the slice in your mouth and bite it to release the juices that soothe the pain.

Cucumber

You have probably heard before that using cucumber as a household remedy for pain and inflammation is popular, but how about using it on a sore tooth? A chilled cucumber or slice of fresh cucumber can be held against the tooth that hurts. Also, like other methods that use food, try mashing some of the cucumber into a paste and applying it to the area.

Turmeric

You might find this spice in your spice rack or pantry, but turmeric utilizes antiseptic and antibacterial properties that aid in relieving pain. Make a paste using this spice and water, then apply to the tooth. Raw turmeric can also be ingested.

Acupressure

Similar to acupuncture, but without the needles, acupressure is a home remedy you can try that doesn't involve ingesting, mixing, mashing, or applying anything to the tooth. To relieve tooth pain with acupressure, find the pressure point on the back of your hand between the thumb and forefinger (also called the index finger). Massage this spot for two minutes or try applying ice to release endorphins.

Whether at home or traveling, the following tips can help you manage a dental emergency until you can get to the dentist. It is important to remember that with some dental emergencies, seeing a dentist within 30 minutes or less can mean the difference between saving or losing your tooth.

Other Dental Emergencies

Knocked-Out Tooth

A knocked-out tooth is a dental emergency that requires urgent attention. If the appropriate emergency steps are followed immediately after the tooth has been knocked out, the chances are very good that the tooth can be reinserted and preserved by a dentist.

Pick up the tooth by the top (crown) of the tooth. Do not touch the root(s) of the tooth. Rinse the tooth off very gently to ensure that it's clean. Do not scrub the tooth or remove any tissue attached to it. Be sure to place a towel or washcloth in the sink so that the tooth does not go down the drain.

If you can, gently place the tooth back into the socket. Hold it gently in place while trying to bite down.

If you can't place the tooth back in the socket, put the tooth in a small container or in a cup of milk. Note that the latter is preferable.

Call your dentist immediately, since getting to the dentist quickly with your tooth - in addition to following the steps above - is critical for saving the knocked-out tooth. The longer you wait to re-implant the tooth in its socket, the less chance you have of the tooth "taking" and remaining viable.

Loose Tooth, Tooth Out of Alignment

If you have a tooth that is loose or out of alignment, you should call your dentist for an emergency appointment right away. In the meantime, you can try to put the tooth back in its original position using your finger with very light pressure. Do not try and force it. You can bite down to keep the tooth from moving. Your dentist may want to splint the tooth to the adjacent teeth (the teeth on each side) to keep it stabilized.

Chipped, Cracked or Fractured Teeth

If a tooth is chipped and doesn't hurt, this usually does not constitute a dental emergency and you can wait a few days to see a dentist. However, it is important to be careful while chewing so as not to chip it more. Your dentist may simply be able to smooth the chip out, or add some composite filling material to repair the tooth.

A cracked or fractured tooth is a serious issue constituting a dental emergency. Fractured or cracked teeth usually suggest that damage has occurred to the inside of the tooth as well as to the outside. Severe fractures are so extreme that the tooth cannot be saved. If you suffer a fractured tooth, call your dentist immediately for an emergency appointment and follow these steps:

Clean your mouth out by gently rinsing thoroughly with warm water.

If the fracture is caused by facial trauma, apply a cold compress to the area to minimize any swelling.

Take acetaminophen (not aspirin) according to the packaging directions to alleviate pain. Never apply a painkiller to the gum because it can burn the gum tissue. This includes Orajel, which often is marketed for these types of procedures.

An X-ray will be needed in order for your dentist to properly diagnose the condition of your tooth. If the soft tissue inside of the tooth (the tooth pulp) is damaged, your tooth may need a root canal. If the pulp is not damaged, the tooth might only need a crown.

Some dentists make some of their permanent crowns in-office and place them in the same day; other dentists use an outside laboratory to make the crown. In this case you will have to wear a temporary crown while the laboratory makes a permanent crown. If the tooth cannot be saved, your dentist will inform you of the various alternatives for replacing missing teeth, such as implant-supported restorations and bridges.

Tissue Injury and Facial Pain

Any type of injury inside the mouth, such as puncture wounds, lacerations and tears to the lips, cheeks, mouth and tongue, are considered tissue injuries and a dental emergency. If you experience any type of tissue injury, it is important to clean the area immediately with warm water. If the bleeding is coming from the tongue, gently pull the tongue forward and place pressure on the wound using gauze. You should get to an oral surgeon or nearby hospital emergency room as quickly as possible.

To alleviate any type of facial pain associated with tissue injury, you can take acetaminophen as directed on the packaging label. Never take aspirin or ibuprofen for a dental emergency because they are anticoagulants, which can cause excessive bleeding.

Other Dental Emergencies

Basically, any dental problem that requires immediate treatment in order to save a tooth, stop ongoing tissue bleeding or alleviate severe pain is considered a dental emergency.

A severe infection or abscess in the mouth can be life-threatening and should be dealt with immediately. Your dentist might be able to perform the first stage of a root canal, or will refer you to an endodontist (root canal specialist) to open and drain the tooth and allow the abscess to drain. If your dentist can't be reached, seek hospital emergency room care.

Problems with Temporary Restorations

Having a temporary crown come off is not a dental emergency. However, it is important to put it back in place so that the tooth stays in its original position until you can see your dentist.

A temporary crown can easily be put back onto your tooth by placing vaseline, toothpaste, Chapstick or even a very small amount of denture adhesive into the temporary and placing it onto your tooth. Try putting your crown in first and note how it fits into place. Once you are comfortable with the fit, apply adhesive into the temporary and place it properly on your tooth. Bite down firmly onto a dry washcloth, applying even pressure to the temporary. After a few minutes, clean off any excess adhesive you can see. You should see your dentist within the next few days to have it properly re-cemented.

Is it a Dental Emergency?

Smoothing a chipped tooth, re-cementing a crown that is not causing pain and composite bonding to repair a tooth are not dental emergencies. Typically, such problems can be dealt with during your dentist's regular office hours.

If you are not sure whether or not you are having a true dental emergency, answer the following questions:

- Are you bleeding from the mouth?
- Are you in severe pain?
- Do you have any loose teeth?
- Have you been hit in the face or mouth??
- Do you have any swelling in the mouth or facial area?

Do you have any bulges, swelling or knots on your gums?

If you answered yes to any of these questions, you might be having a dental emergency and should call your dentist immediately. It's important to describe to your dentist exactly what has happened and what you are feeling.

If you experience extreme pain caused by hot or warm foods or beverages, try drinking ice water. It might relieve the pain. Sip on ice water and hold some in your mouth until you see the dentist.

If you are having sensitivity to cold or if it causes pain to breathe in air, avoid cold foods and beverages. Breathe through your nose and call your dentist's office.

If you experience pain in a tooth when biting down, it might indicate an abscess. This is an emergency and you should call your dentist's office

References

familydentalcare.com
yourdentistryguide.com/emergency