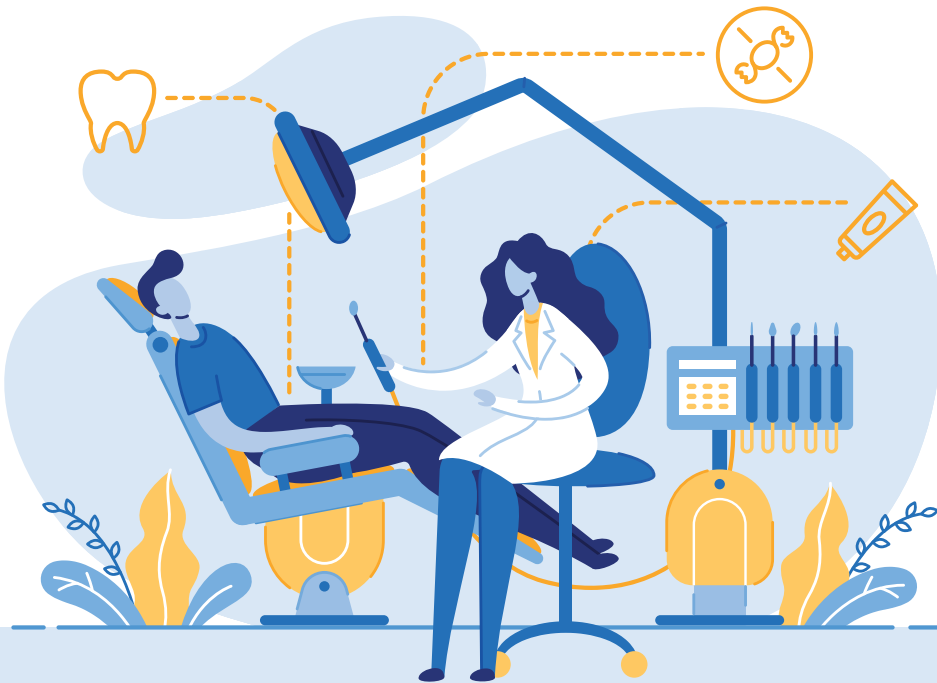


# MANAGING TOOTHACHE



## PAINFUL TOOTH THAT'S SENSITIVE TO HOT/COLD?

Antibiotics **will not** help with sensitivity. Usually extreme sensitivity means that there is decay, which must be removed and filled. These home measures may help make symptoms manageable until care can be arranged:

- ◆ Regular cleaning with fluoride toothpaste after meals.
- ◆ Desensitising/sensitive toothpaste (like sensodyne repair and protect). Rub toothpaste directly on the affected area and do not rinse afterwards.
- ◆ Reducing sugar intake stops decay worsening.
- ◆ If there is a hole/crack in the tooth, a temporary filling can be packed into the space. These are widely available from supermarkets and pharmacies.
- ◆ Anaesthetic gel such as Orajel can help ease pain.