

مركز هيلث شيلد الطبي.

# Health Shield Medical Center.



HEALTH SHIELD MEDICAL CENTER

Ministries Complex

+971 2 626 5277 and +971 2 698 9999

[www.healthshield.ae](http://www.healthshield.ae)

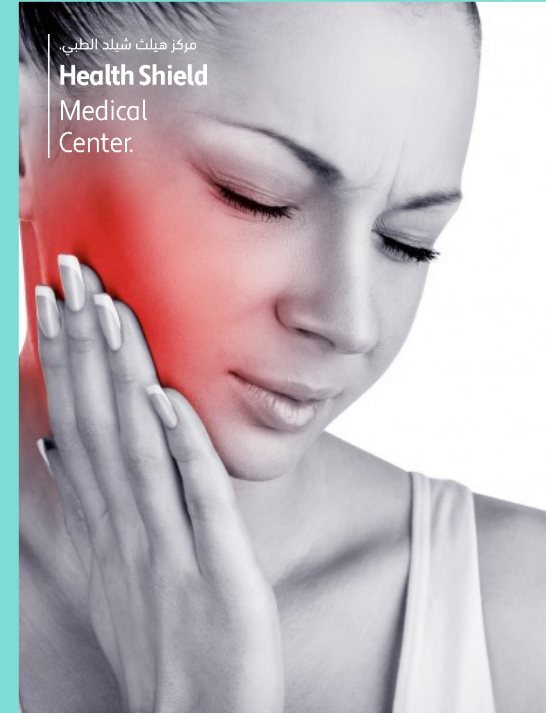
Part of the Capital Health Network



كابيتال هيلث  
Capital Health

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# TOOTHACHES



A toothache is pain felt in or around a tooth caused by tooth decay, infection, earache, sinus infection or injury to the jaw joint.

## Signs of a Toothache :



- Pain with chewing
- Bleeding or foul tasting discharge
- Swelling of the gums or jaw
- Redness of the gums or jaw
- Hot or cold pain with food or drinks

## Your Care:

**Make an appointment with a dentist if you have:**

- A toothache longer than 1 or 2 days
- A fever, earache or pain when opening your mouth

Ask your dentist about an over the counter pain medicine to take to ease your pain while you wait for your appointment.

Do not take aspirin or products with aspirin.

Avoid eating very hot or cold foods. It may help to bite down on a cotton ball soaked in oil of cloves. This can be purchased at most pharmacies.

## Your Dentist's Visit:

The dentist will examine your mouth and do x-rays.

The dentist will then repair or remove the tooth.

Pain medicine or antibiotics may be prescribed.

Take your medicines as ordered.



## How to prevent toothaches:

Most dental problems such as a toothache can be prevented with good mouth care.:

- Brush your teeth with fluoride toothpaste, floss and use mouthwash each day.
- See a dentist to have your teeth checked every six months.