



How To Manage Toothache Pain?

It is the weekend or a holiday and you cannot get an immediate appointment at your dentist, but the pain is intense and real. Or, maybe you do not have that extra cash needed to pay for any out of pocket expense you will incur with a trip to your dentist; so, you need to buy yourself a little time and manage the toothache the best you can.

The throbbing and aching that comes from a tooth can be the worst pain imaginable, and it always seems to happen at the most inopportune times. However; there are ways that you can manage and dull the aching pain of a toothache until you are able to seek the medical attention of your dentist.

Step 1 Medicate toothache pain with an over-the-counter pain relief medication. Follow the directions and do not over exceed the daily amount. [Regrow receding gums](#) this can help dull the pain as well as relieve any inflammation that the specific tooth problem may be causing.

Step 2 Use an over-the-counter oral analgesic ointment. These pain relievers are specifically made for oral use with tooth problems, you apply the ointment to the gum line and area around the affected tooth; and it will numb and dull the pain.



Step 3 Floss around the affected tooth. This will remove any food or debris that may have gotten stuck between the teeth or in the gum line and has been causing irritation. After you floss, you should rinse out your mouth with mouthwash or a half and half solution of warm

water and peroxide, this will clean out any infection that may be present. Removing the food or debris and rinsing away infection can relieve inflammation and pain.

Step 4 Pack an obvious cavity with clove oil. Clove oil is a natural remedy that is used to lessen pain associated with a tooth that has a [cavity](#). When the cavity is visible, take a toothpick that is topped with a small piece of cotton and gently clean out the cavity. Then, rinse your mouth out with half and half solution of warm water and peroxide. Squirt a few drops of clove oil on a small wad of cotton and gently pack it into the cavity.

Step 5 Crush a clove of garlic and place it on the affected tooth. Garlic is a well know natural antiseptic and analgesic (pain reliever), and by placing the crushed clove on the affected tooth, it will help with any infection that is present, lessen inflammation and diminish pain.; But, you have to keep it on the tooth despite the strong taste and burning; sensation it gives.

