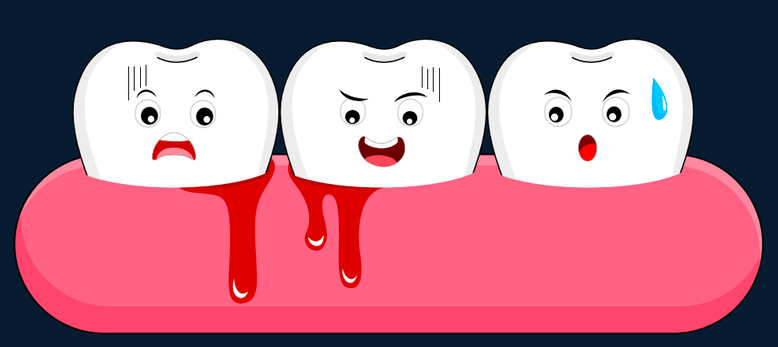
Marsh Lane DENTAL

Guide To: Managing Tooth Ache

Gum Pain/Bleeding



What you may notice:

- Bleeding gums when you brush
- Wobbly teeth
- Swelling in the gum or pus from around a tooth.

Why:
Gum pain or bleeding is a sign of gum disease. There is excess plaque/tartar/bacteria which may be causing an infection, damage to the bone and eventually the teeth to become wobbly and fall out.

What you can do:
Brush and floss the areas causing problems, use corsodyl mouthwash for 3-4 days ONLY
Make an appointment to see your dentist.

What we will do:
We will diagnose the problem, you may need to see our hygienist for a deep clean under the gums may help

Tooth Pain



What you may notice:

- You may have varying pain from mild to extreme.
- Many people notice pain or sensitivity to hot and cold food or drinks.
- You may notice a throbbing ache in the tooth, eventually it will affect your sleep.
- You may find that you cannot eat or bite on one side of your mouth.
- In extreme cases the face and mouth can swell up.

Why:
Most tooth pain is caused by decay or an infection. Bacteria cause holes in the teeth and lead to an abcess. This is caused usually by too much sugar or not cleaning the teeth well. Once the decay has affected the nerve you will experience pain from the teeth.

What you can do:
We recommend painkillers to help with the pain. Check with your doctor or pharmacist but ibuprofen is usually best for tooth ache. If there is a swelling, you can try rinsing with warm salty water.

What we will do:
We will need to take x-rays to find out the cause of the problem. If caught early you may need a simple filling. Extensive decay and affected nerves may mean you need to have nerve removal and in some cases we may need to extract the tooth. Please do not delay, the longer you leave it, the worse it will get.

Please don't suffer or let problems get worse! Call us Today and book in with our Dentists to help

Welcoming New Patients!
Call or Book Online Today

95 Marsh Lane, Stanmore, HA7 4TH
Tel: 02089542602
Whatsapp: 07833061831
www.marshlanedental.co.uk

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Wisdom Tooth Pain

What you may notice:

- Pain around your wisdom tooth
- Swelling of the gum around your wisdom tooth
- Difficulty opening your mouth wide or chewing food
- Swelling around your jaw



Why:
Wisdom teeth can become painful when they are growing and pushing through the gum or more often when they become infected. If there isn't enough room for your wisdom tooth to come through or if it is sitting at an awkward angle, then it may need to be removed.

What you can do:

- Clean the area thoroughly with a toothbrush
- Rinse with Corsodyl Mouthwash for 3-4 days ONLY
- Eat soft foods
- Do warm salt water mouth rinsing after food
- Take painkillers
- Make an appointment to see your dentist

What we will do:
We can clean the area around the tooth for you to help reduce the pain and swelling. We will also take an xray to see if the tooth needs to be removed.

Jaw Pain/Clicking Jaw

What you may notice:

- Clicking jaw when you chew food or yawn.
- Pain around the jaws or ears
- Pain in the muscles in your face
- Headaches especially in the morning
- Teeth feel tender or achey



Why:
Pain in your jaws or a clicking jaw is usually a sign that you are grinding or clenching your teeth in your sleep. It usually happens when you are more stressed but can also become a habit.

What you can do:
It is likely that the muscles in your face have become very inflamed, so taking an anti-inflammatory such as Ibuprofen can help (please check with your doctor or pharmacist before taking any medication). Maintain a soft diet and gently massage the muscles around your cheeks and temples in the morning and evening.

What we will do:
Do a full examination of your jaws, joints and muscles to determine the cause of the problem. It is likely that we will recommend a mouthgaurd for you to wear during the night.

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