

# DO YOU HAVE TOOTH ACHE?

If you are experiencing tooth ache, our friendly team at All Saints Dental is waiting to help

## Common causes of Tooth Ache:

- Tooth Decay and cavities
- Gum Disease
- An injury or trauma to the tooth
- Receding Gums
- Tooth or gum abscess
- Cracked teeth or fillings
- Impacted Wisdom Tooth
- Sinus inflammation or infection



**We offer emergency dental appointments Monday to Saturday**

## Simple Tips at Home

- > Simple over the counter pain relief can help. Take paracetamol or ibuprofen
- > Try rinsing your mouth with Warm salt water
- > Use a pain-relieving mouth gel – available from pharmacies or supermarkets
- > eat soft foods, like yoghurt or scrambled eggs,
- > Avoid chewing with the sore tooth
- > Avoid foods that are sweet, very hot or very cold

## When to Seek Help...

### Seek Dental Advice if:

- it lasts more than 2 days
- it does not go away when you take painkillers
- you have a high temperature,
- pain when you bite, red gums
- a bad taste in your mouth
- your cheek or jaw is swollen



0121 444 0496

