

PAIN

I'm sorry that you are experiencing so much pain from your tooth. Your tooth, may be infected/abscessed, and it may take some time for it to start feeling better. I will prescribe some medicine to help you with the pain; however, there are no 'magic' drugs available that can remove pain immediately. For this reason, I have made this little instruction sheet, to try and help you reduce the pain as quickly as possible.

1. Try to eat a balanced diet. When you are in pain, you won't have a large appetite. If you don't maintain your nutrition, you will not heal as fast, and you may feel more pain.
2. Drink milk with your antibiotics. Antibiotics can upset your stomach; milk will coat your stomach and may make you feel more comfortable. Please read the instructions from your pharmacist to make sure that it is ok to drink milk with your specific antibiotic.
3. Try not to push on the tooth – even with your tongue! Any pressure on the tooth may cause more pain. This may be because of some swelling around the apex of the tooth.
4. Try using warm salt water rinsing to focus the infection. Mix a half a teaspoon of table salt in a cup of warm water. Hold the salt water around the tooth for 30 seconds, spit out, and repeat.
5. Sometimes a cold compress on the outside of your face may help with the pain. Try this with a damp wash cloth soaked in cold water for 10-15 minutes.

Most severe dental pain will be gone within 48 hours. If the pain has not gotten any better after 24 hours, please call me. I might need to either boost your antibiotic with a second one, or even change the antibiotic to a different one.

If you have any questions or concerns, please don't hesitate to contact us at the office, if we are not in, and then please try me at home. This painful episode will be very hard on you- you may not have slept well for a few days; you are cranky and irritable, and even hungry. We realize this. We want to do everything it takes to try to help you until the healing begins.