

## “Hey Doc, what can I do at home when I have a toothache? (Part 1)”

A tooth may be a small organ in our body. However, when it starts to ache, it can cause tremendous amount of pain. In fact, many people say toothache is the worst pain, even worse than pain from labour! Obviously, the best solution to a toothache is to see the dentist right away. However, if you can't get to dentist soon, there are some home remedies you can follow to ease the discomfort.

**CLOVE OIL-** Clove oil contains eugenol which has anaesthetic and anti-bacterial effects. Soak a cotton ball in clove oil for 10 to 15 seconds. Place the cotton ball in your mouth where the tooth hurts and bite down to keep it on the offending tooth. You may have to change to a new cotton ball a few time before you feel the relief from the pain. Clove oil is available at pharmacies or local health food stores.

**COUGH DROPS-** Cough drops or lozenges usually contain a small amount of anaesthetic(menthol and benzocain) which may relieve minor tooth pain. Put one or two in your mouth and suck on them. Do not chew on the cough drops.

**VAPORUB-** Place some Vick's VapoRub on the outside of your cheek where the tooth hurts. Place a paper towel on your pillow and lie down on that side.

**FLUSH IT OUT-** Sometimes, the toothache you are experiencing may be due to food stuck in-between your teeth. Try flossing, rinsing with mouthrinse, waterpik, or interdental brushes to push the food particles out.

**TEA BAG-** Apply a hot tea bag directly to the offending tooth may help with the toothache. Tea contains tannic acid which reduces swelling.

**ALCOHOL-** Biting on a cotton ball soaked with brandy may work as alcohol has a numbing effect.

**OTHER RECOMMENDATIONS-** A cucumber slice placed on the offending tooth, garlic, onions, spinach, wheat grass or a simple salt water rinse have all been reported to help alleviate toothache.

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