

“Hey Doc, what can I do at home when I have a toothache? (Part 2)”

Other than toothache, there are other problems in the mouth that cause agony. Here are some home remedy suggestions that you can try to deal with your specific problems.

CANKER SORE- Canker sores usually go away in 1 to 2 weeks. However, if the pain is unbearable, you can try over-the-counter medications such as oral-gel. Simply apply the oral-gel over the canker sore and the anaesthetic effect will numb the pain. Or, you can dab your cotton swab into a mixture of half hydrogen peroxide and half water and apply to the canker sore area, followed by a dab of Milk of Magnesia. You can repeat this up to 4X a day. Or, you can gently rinse with a mixture of equal parts Milk of Magnesia and liquid Benadryl for 60 seconds a few times a day.

JAW PAIN- If your jaw joints or muscles around your jaws start to ache, you may be grinding at night or clenching. Stay on a soft diet for 7 to 10 days. Try not to open your mouth wide. Apply warm compresses to your jaw joints and the surrounding muscles and massage the areas as often as possible. If you suspect that you are grinding at night or your spouse is telling you that you are doing so, you can try wearing the over-the-counter one-size-fits-all nightguard to see if it helps.

SENSITIVE TEETH- If your teeth are becoming sensitive to cold or hot, you can try using desensitizing toothpastes such as Sensodyne or Colgate Prevident 5000. Don't just brush with the desensitizing toothpastes. Place a small amount of the toothpaste on the sensitive teeth before bed and let the toothpaste sit on the teeth overnight. Avoid using any whitening toothpaste.

SWELLING- If there is any swelling developing in your mouth, you should contact your dentist immediately as swelling can potentially be life-threatening, especially under your tongue. In the meantime, take anti-inflammatory medications such as Ibuprofen(Advil or Motrin).

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