

Toothache

This information is at <http://www.nhsdirect.nhs.uk/selfhelp/symptoms/toothache/start.asp> and is provided by the UK National Health Service (NHS).

To answer a free questionnaire that may help to identify the cause of your toothache, go to <https://www.masterdocs.com/toothache/start.php>.

This site asks a series of Yes/No questions about your toothache and then gives general guidance about the likely cause and what you should do.

NHS Toothache YES/NO Questionnaire Responses

You answered **yes** to the following questions:

- Is the pain severe and made worse by biting on the tooth?

You may have an abscess beneath the tooth and may need antibiotics to relieve the infection, or you may have fractured a tooth or filling. If you have a dentist, call them.

You answered **yes** to the following questions:

- Does the pain come and go and is it relieved by painkillers?

You answered **no** to the following questions:

- Is the pain severe and made worse by biting on the tooth?

You probably have decay in a tooth or under a filling which is affecting the nerve in the tooth. If you have a dentist, call them for an appointment. If you do not have a dentist, call **NHS direct**.

You answered **yes** to the following questions:

- Does pain come and go with sweet foods?

You answered **no** to the following questions:

- Is the pain severe and made worse by biting on the tooth?
- Does the pain come and go and is it relieved by painkillers?

You probably have decay or a leaking filling. If you have a dentist, call them for an appointment.

You answered **yes** to the following questions:

- Do you have sensitivity to hot and cold food and drinks?

You answered **no** to the following questions:

- Is the pain severe and made worse by biting on the tooth?
- Does the pain come and go and is it relieved by painkillers?
- Does pain come and go with sweet foods?

You are probably suffering from tooth sensitivity. Try using a toothpaste for sensitive teeth. If the problem does not go away in 2-3 weeks of use make an appointment to see your dentist.

You answered **yes** to the following questions:

- Have you recently had a tooth filled by your dentist?

You answered **no** to the following questions:

- Is the pain severe and made worse by biting on the tooth?
- Does the pain come and go and is it relieved by painkillers?
- Does pain come and go with sweet foods?
- Do you have sensitivity to hot and cold food and drinks?

Some slight discomfort may occur after a filling. It should not be necessary to take painkillers. If pain is severe or persistent or you feel the bite on the tooth is high call your dentist to ask him to review the filling. If you have a dentist call them for an appointment.

You answered **yes** to the following questions:

- Is the pain made worse by coughing?

You answered **no** to the following questions:

- Is the pain severe and made worse by biting on the tooth?
- Does the pain come and go and is it relieved by painkillers?
- Does pain come and go with sweet foods?
- Do you have sensitivity to hot and cold food and drinks?
- Have you recently had a tooth filled by your dentist?

You may have sinusitis, an infection in the spaces in the bones of your face. Ask your pharmacist for advice. They may recommend painkillers and an inhalant. If the pain persists for more than a few days visit your dentist.

You answered **yes** to the following questions:

- Is there a foul smell in your mouth?

You answered **no** to the following questions:

- Is the pain severe and made worse by biting on the tooth?
- Does the pain come and go and is it relieved by painkillers?
- Does pain come and go with sweet foods?
- Do you have sensitivity to hot and cold food and drinks?
- Have you recently had a tooth filled by your dentist?
- Is the pain made worse by coughing?

Bad breath (halitosis) is usually caused by gum disease. Do not just mask the problem with mouthwashes and breath fresheners.

If you answer No to all the questions about your toothache, the NHS website recommends:

Self-care advice:

- Take maximum dose of painkillers, such as paracetamol or ibuprofen (do not take if asthmatic) according to the manufacturer's instructions. If you are pregnant, do not take ibuprofen and only take paracetamol as instructed.
- Avoid drinks that are too hot or too cold until your dentist has examined your teeth.
- Avoid food or drinks that contain sugar.
- Avoid hard and tough foods if biting is uncomfortable.
- Contact your dentist as soon as possible.

Note for people outside the UK (e.g., USA):

Paracetamol may be known as acetaminophen in your country.

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