

# Relieve Toothache Pain Quickly With The Following Crucial Tips

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**Welcome to this guide on relieving and managing the dreaded toothache,**

If you are currently suffering from toothache then over the next 20 pages I am going to take you inside toothache itself.

We are not only going to be looking at ways you can relieve your tooth pain, but we are also going to be looking at ways to manage your teeth properly, preventing future bouts of toothache.

Having suffered from several bouts of toothache myself in the past, I know the feeling you may be having now. I took steps in various forms to avoid toothache and succeeded in not only working out how to relieve the pain, but safeguard my teeth from future issues.

In this short guide I want to give you an insight into this and hopefully point you in the right direction when it comes to toothache relief and prevention.

So, enjoy the guide, and if you have any questions, do not hesitate to email me!

**Simon**

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# Relieve Toothache Pain Quickly

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## Chapter One: The Dreaded Toothache

None can escape the dreaded toothache. Anyone who has ever spent a day or longer curled up in bed with an ice pack, moaning in pain knows that of all the possible illnesses you can get, toothaches can be the worst.

There is just something really different about a toothache. It is impossible to ignore. It is just always there, lurking, waiting to strike when you least expect it. It often starts as a low throb then explodes into jaw-searing, eye-watering torture.

A bad toothache can turn even the sweetest of persons into raging, angry lunatics. Worse than a headache, far more severe than a stomachache, toothaches can change a person in the span of a day.

You can always go to a dentist but often, work and life get in the way. Many people do not have the time and luxury to simply take off work the moment a tooth starts to throb. They have to endure a toothache for at least a couple of days before they get a day off.

Having a toothache can make everyday tasks seem torturous. Eating, drinking and even thinking can be difficult when you feel like your head is not just caught in the proverbial vise, but being slowly squeezed from the inside out.

Toothaches can range from mild to severe. Mild toothaches can be ignored with the help of over the counter medicines but more often than not, nagging pain remains.

Severe toothaches make you want to beat your head against a wall or find the nearest set of pliers. It is as if your toothache is testing your pain threshold.



Toothaches can also be very dangerous. They are often symptoms of critical underlying problems with hygiene and can even be indicators of more severe diseases. Leaving a toothache unchecked can lead to complications later on.

Learn how to deal with the symptoms of toothaches before you go to the dentist. Home remedies are effective not only in numbing the pain while the toothache is ongoing but also to help speed up healing in the event that you end up going through a root canal or wisdom teeth extraction.

Home remedies can also help maintain healthy teeth and gums so that you avoid ever having to go through a horrible toothache ever again!



## Chapter Two: Toothache Causes

Strangely enough, the medical definition of a toothache is quite vague. It is normally defined as “an ache or soreness around a tooth” or “pain around the tooth or jaw area”. Medically, it is known as odontalgia, an overall umbrella name despite the number of factors that can cause toothaches.

Toothaches happen because of a variety of reasons. These can be divided into three major categories: dental cavities, gum diseases and as a symptom of a different disease entirely.

### Cavities Are Not Just For Children

Remember when your mother told you that eating a lot of sugar can cause cavities? She was right. The number one cause of toothaches and one that most adults and children experience is a dental cavity.

A dental cavities, or caries, are holes in the teeth. Teeth have two outer layers, the hard outer casing called the enamel and the inner casing known as the dentin. These cover and protect the core of the tooth, which is composed of blood vessels, nerves and living tissue. This part is commonly called the pulp.

When you eat, tiny pieces of food are left in your mouth, which bacteria break down. Unfortunately, when these bacteria break down sugar, it turns into acid. This acid eats away at the hard outer layer, exposing the sensitive inner part of the tooth.

Bacteria attaches itself to the tooth and creates a film (called a biofilm) known as plaque. Plaque has the amazing ability to harden and stick to the surface of the tooth, which ordinary brushing cannot detach. It is there to stay until the dentist scrapes it off.



Anyone who has watched toothpaste commercial is familiar with the process of tooth decay. Plaque equals cavities, or enough plaque building up can cause dental cavities.

Even if enamel is one of the hardest elements in the body, but it does fail us once in a while. Most people have tiny little cavities in their mouth that they do not notice, probably because they do not hurt yet.

Once the cavity starts, it gradually grows bigger and bigger as more debris gets caught in the opening. The bacteria gnaw on the enamel and widen the opening. Most people do not notice when they have a tiny cavity and if neglected, the cavity simply grows bigger and bigger.

If that happens, all hell breaks loose. Food or other debris caught in the cavity can become infected and cause all sorts of problems and pain. Even worse, if the cavity is deep enough, the nerve and the root of the tooth are gradually exposed. It is equivalent to having an open wound in your mouth.

Ever discovered a cavity by drinking a glass of cold water or eating a large chunk of ice cream? Yes. That is pain beyond compare. This is pain that would bring even the toughest people to their knees.

The worst case scenario for the cavity is known as pulp death. This is when the inner, living core of the tooth is so infected or damaged that the pulp starts to die and swell. This is called dental abscess.

It also usually affects the surrounding gum and jaw area, often starting as a secondary infection near the unfortunate tooth. Especially heinous abscesses are often accompanied by pus, infection and really bad smell. Talk about bad breath!

Fortunately, cavities can easily be plugged with a dental filling. Teeth stricken with dental abscesses can still be saved by a root canal, where the infected and dead parts of the pulp are removed by a dentist. In the worst case scenario, the tooth will be removed.



## Gum Disease, the Silent Symptom

Gum disease is the second most common source of toothaches. Like dental cavities, the main cause of gum disease is plaque.

If you have been neglecting oral hygiene by not brushing regularly or correctly, then plaque constantly builds up and becomes a hard layer that starts to affect the teeth and gums. At this point, even if you brush your teeth for an hour, you will have a hard time dislodging or removing the buildup.

Plaque irritates the gums that surround the teeth. If you think of your teeth as a tree and the gums around them as soil, that is a fairly accurate description of what goes on. Once the gums start to weaken, they no longer feed the tooth pulp by giving them life-giving blood and nutrients.

Once the gums start to go, people develop all sorts of diseases like gingivitis and periodontal disease. Gingivitis is a mild form of periodontal disease, usually known as the warning sign to more difficult to treat diseases.

Check your gums out in the mirror. The easiest symptom to spot is swollen gums that are either bright red or a deep purple. This shows that the blood in your gums is not circulating correctly.

Your teeth are not getting the nutrients they need to stay alive. Swollen or bleeding gums are also a sure sign of gingivitis. Swollen gums often look like they are pulling away from the teeth. As the condition advances, the tooth loses its anchor on the gums.

Gum disease is a silent symptom because most people do not notice that they have it until it is too late. Early signs, such as bleeding after using a toothbrush, are often dismissed by the patient.





## Wisdom and Impacted Teeth: Another Cause of Pain



A common cause of pain for teenagers, young adults and even people in their thirties is the impacted tooth. These teeth normally appear when you hit your late teens or in early adulthood. Lucky people experience normal growth once the teeth erupt but a marked percentage of the population has no such luck.

One common cause of toothache is when the wisdom teeth come in and start growing in sideways. This is called impaction, because when this happens, the wisdom teeth start to push against the other molars in the back of the mouth.

More often than not, the impaction does not allow the tooth to even grow past the gum line. Other times, part of the tooth appears but grows no further. This is called partial impaction.



Either way, the only solution to this problem is to have the wisdom tooth removed. Waiting can cause the tooth to get encased in bone and may cause complications after the extraction. It also may take longer to heal.

The worst case scenario for impacted teeth is that they could develop a cyst or tumors. Not to worry, this only happens in a small percentage of the population and the tumors are rarely malignant.

About 30% of people lack wisdom teeth. They simply never grow. Wisdom teeth are considered vestigial (useless) organs so their removal does not have long term effects.

## **Other Causes: Exposed and Cracked Teeth**

Although teeth are generally considered to be the hardest part of the body, there are instances when the tooth can actually fracture. Cracked tooth syndrome can occur because of weakened enamel or even because of biting into hard food, like nuts.

Fractured teeth can be very painful because the fracture can expose the pulp of the tooth and even scatter bits of tooth into the jaw. Fortunately, the tooth can be repaired by placing crowns or in cases where the damage is too great, the tooth will be removed.

Cracked teeth can also be the cause of exposed roots. Teeth are anchored into the gums by means of roots, especially in adults. Baby teeth are meant to fall out and often do not have roots. Roots are full of blood vessels and nerves and even breathing through your mouth can cause pain in this type of toothache.

Exposed roots can also be caused by receding gum lines due to other dental diseases. When left to its own devices, this can also cause extreme sensitivity to food.



## Teeth and Jaw Disorders: When Your Toothache is Nothing but a Symptom

As mentioned earlier, a toothache may be a symptom of another disease. The most common is called temporomandibular joint disorder or TMJ.

First, an anatomy lesson. The jaw (also known as the mandible) is the only moving part of the skull. The joint that allows it to move is known as the temporomandibular joint. When this joint is affected, it can cause a world of hurt. This condition not only affects the joint but also the area around the jaw like muscles, ligaments and of course, the teeth.

TMJ is characterized by several different symptoms. Normal toothaches often prevent people from eating, but if biting or chewing becomes increasingly difficult, you may want to get a test for this syndrome. It is usually accompanied by a clicking or popping sound when you open your mouth.

Most toothaches are centered on the offending tooth and it is easy to pinpoint exactly where it hurts and which tooth is causing it. One of the symptoms of TMJ is a pain that seems to radiate around your entire face.

Other symptoms of this condition include earaches, migraines, hearing loss and neck and shoulder pain. If you suspect you have this condition, do consult your dentist or doctor.

Muscle spasms around the jaw area can also cause toothaches. These spasms contract the jaw area and can prevent normal jaw movement. Usually muscle relaxants are prescribed to help treat this condition.

Sometimes, toothaches are symptoms of underlying diseases. If you have a family history of heart disease or suffer from heart disease, see a doctor if your toothache is accompanied by chest pain, dizziness and shortness of breath.



## Chapter Three: Instant Toothache Relief with Things You Find Around the House

The simplest and easiest cure for a toothache would be to see a dentist. But what do you do during that time period before the dental appointment?

Fortunately, there are a lot of easy home remedies that can help you out. These are the things that you will find in your own cupboard that will relieve the pain and tide you over.

These remedies can also be substitutes for pain relievers in the event that the toothache is minor.

If you are allergic to normal over the counter medicines like ibuprofen or aspirin, these natural solutions can also help. The great thing about these remedies is that they work and are less expensive than most medicines.

Some of the remedies can also be used to relieve pain after the tooth has been removed, as part of aftercare.

### **Killing Bacteria**

To kill bacteria building up in your mouth, rinse it out with a salt and water solution. If the pain is too great, use lukewarm water. If you can stand it, it is best to use hot. Mix one part salt to three parts water and gargle it like mouthwash.

A word of warning: the salt may cause the tooth to sting! However, it will subside soon. If you are worried about that, reduce the amount of salt by half.



You can also apply salt directly around the area of the affected tooth and rinse it out. Whatever you do, do not place the salt directly on the tooth itself, especially if you suspect that you may be suffering from exposed roots.

Garlic also has a lot of antibacterial properties that could help relieve your toothache. In this case, you can chew on a clove of garlic or mince it and place it around the tooth area. If you can stomach the taste, you could also try gargling with a garlic, salt and water mixture.

You can make an easy homemade garlic solution by combining minced garlic, salt and water. Soak a cotton ball in this mixture and place it on the gum line or on the tooth.



Another natural antibacterial solution commonly found in all households is vinegar. Rinsing your mouth out with vinegar will kill the bacteria and dilute the pain.



Choose apple cider or organic vinegar since it has the highest amount of bacterial killing properties. Dilute the vinegar with 2 parts water before gargling it. You can also choose to gargle it pure.

Another option is to dab it on the tooth using cotton buds. You can also choose to soak a cotton ball in vinegar and bite on it.

If you cannot stomach the taste of vinegar, lemon juice is a viable alternative. Drink the lemon juice with water, but do not add sugar. The sugar will only worsen your toothache.



Boiled guava leaves are a lesser known folk remedy that can also help relieve pain. Using guava as an antiseptic is popular in the Pacific Rim and around Southeast Asia.



Prepare the leaves by washing them thoroughly. Boil them with water until the water is at a rolling boil.

Place the leaves on the tooth. These are also effective for open wounds and skin allergies.

Limes and onions also have high doses of vitamin C and natural antiseptic properties that help kill bacteria when eaten. The onion must be eaten raw for this to be effective. The high dose of vitamin C also helps fight and prevent infection. If you naturally love onions, this is great news.

## Alleviating Pain Naturally

Herbal and home remedies can reduce and remove the pain from a toothache. These are great alternatives for people who are unable to take chemical pain relievers for health reasons.

Like modern medicine, one must be very careful when using herbal remedies. Remember to check with your doctor or dentist before using any of the following supplements.

Clove oil is one of the most common remedies for an aching tooth. Clove oil is distilled from the spice and is regarded as an effective analgesic and antiseptic. If you do not have clove oil at home, stop by your neighborhood drug store or pharmacy. They usually have it in supply.



Consider asking for a diluted solution since clove oil in its purest form can cause a painful stinging sensation.

Soak a cotton bud in clove oil and place it in your mouth, preferably on the painful tooth. Try mixing the clove oil with a bit of water and pepper. Massage these into your gums to numb them and ease pain.

Chew on a fresh clove as a substitute if you do not have immediate access to clove oil. It works just as well.

A word of caution: do not give pure clove oil to your children. It can cause serious side effects in large quantities. If you are on blood-clotting medicine, clove oil may increase the chance of bleeding. Otherwise, clove oil is generally regarded as safe to take by the FDA.

Another common herbal antiseptic is the bayberry. Like clove oil, it has been commonly used as pain reliever for centuries. It is commonly used to relieve cold symptoms.

Bayberry's strong antiseptic powers make it an excellent rinse for pre and post dental surgery. Bayberry bark paste can be applied directly on the tooth.

Because the herb is very strong, pregnant and breastfeeding women should refrain from using bayberry. People with kidney and heart diseases should consult their doctors before using this herb.

Asafoetida is a gum extracted from a species of fern that has strong antibacterial properties. The gum should be combined with lemon juice and pounded to a fine paste in a mortar and pestle before applying it to the tooth.

Like bayberry, asafoetida should not be ingested by pregnant or nursing women as it is a known contraceptive. It may cause miscarriages.



## Other Ways to Keep Pain at Bay

If herbal pain relief is not your thing, there are a few other household items that can help relieve the pain from a horrible and long-lasting toothache.

Ice packs are very helpful in reducing the amount of swelling as well as numbing the nerves around the area. Keeping an ice pack or two handy will really go a long way in helping you get through the day.

When using an icepack, make sure that you do not put your skin in direct contact with it for more than 20 minutes at a time, as this may cause frostbite. Wrap the icepack in a small towel before using to prevent this.

Hot packs can help relieve stiff necks and surrounding joint pain that may be caused by the toothache. Never place a hot pack directly on the aching tooth because it causes the blood vessels to swell and place you in even more pain.

If you do have to go through a root canal or a tooth extraction, remember to finish off the antibiotics even if you already feel better. An infected tooth is very difficult to cure and can cause you loads of additional pain and money.

The doctor will probably recommend that you eat soft, cool food for the first couple of days after the surgery. If you must go for ice cream, look for the sugar free kind so as not to encourage bacteria build up in your mouth.

An important part of keeping the pain at bay is getting adequate rest. Despite the fact that people consider dental surgery minor, it is still classified as surgery. There is no better cure than rest and sleep. Give your body a chance to heal itself too.





Always remember that a toothache that last more than 2 days may be a sign of a deeper infection and seeing the dentist should never be put off. See your dentist as soon as possible, especially if the pain is constant, debilitating and prevents you from going about your day normally.

As much as possible, do not ignore the pain and hope it will go away. Pain is always a sign that there is something wrong.

These are only a couple of remedies that can be carried out at home to alleviate the pain.

**For more instant home remedies for toothache, check out this link here:**

**[Instant Toothache Relief > CLICK HERE](#)**

The above link has 20 PROVEN remedies for toothache and is something I have used with huge success on several occasions. Diane Puttman who wrote the guide, knows her stuff and the herbal home remedies she recommends work.

She was actually a chronic toothache sufferer, so definitely knows what she is talking about, and as I have experienced, her remedies work.

What you tend to find is certain solutions work for some, while different remedies have more of an effect on others. Diane includes 20 different remedies at the above link, so there will most certainly be one that works for you.

The guide is an instant download too, so you can get to work on that toothache immediately.

**Again check it out for a wealth of toothache advice and multiple home toothache remedy options > [CLICK HERE](#)**



## Chapter Four: Preventing Future Toothaches

As the saying goes, an ounce of prevention, etc. Preventing a toothache is definitely worth the trouble. In the long run it will save you hours of pain, trips to dentists and general discomfort.

### Avoid Toothaches with a Good Diet



The first and most natural way to avoid toothaches is to eat healthy. Avoid the sugars that turn into plaque that are found in chocolate and other sweet things. Maintaining a healthy diet will not just benefit your teeth, the rest of your body will thank you for it.

The first step to preventing tooth decay is regulating the sugar in your diet. The bacteria in your mouth has an easy time turning sugar into plaque, especially if these are simple sugars found in candies, sweets and chocolate.



One main cause of tooth decay is soda. Most sodas are made up of pure sugar or variations of sugar like high fructose corn syrup. Cutting these out of your diet will protect your teeth in the long run. Sugar free variants are there so you can get your soda fix without having to worry about sugar.

Restricting sweets for kids might be hard, but great low sugar alternatives for candies are always available for the adult and child with a hard to please sweet tooth.

Eat a diet rich in calcium, minerals and vitamins. Green leafy vegetables like spinach, broccoli and arugula are great sources for this. Kale and tofu are also great sources of calcium.

Milk, cheese and butter are the mainstay calcium sources, especially for children. Making sure your child has a diet rich in calcium will prevent a lot of toothaches in the future. Strong teeth are less likely to break, crack or develop cavities.

Vegetarians should consider drinking calcium-enriched soy milk and make sure that they eat a balanced diet because a lot of vegetables are great sources of calcium too.

Calcium supplements are a great idea the lactose-intolerant and pregnant women, who need more calcium. Pregnancy can cause teeth to loosen and contribute to osteoporosis if you do not get enough calcium while bringing the baby to term.

## Good Oral Hygiene

The importance of good oral hygiene when it comes to preventing toothaches cannot be emphasized enough. The daily investment of brushing your teeth, flossing and using a good mouthwash will always pay off in the future.



Brushing your teeth daily is as important as brushing it correctly. Brushing too hard will damage your gums and cause tooth problems.

Check the pressure of your toothbrush against a ripe tomato. If you bruise or break the skin, you are brushing too hard. Dentists recommend that you spend at least 3 minutes brushing your teeth. Playing a song will help keep that time frame in mind.

Brush the sides of your teeth in circles and do not forget to scrape your tongue and cheeks to get rid of excess bacteria. Many toothbrushes now feature a tongue and cheek scraper to help you do that chore.

Investing in an electric toothbrush is also a great way to maintain great oral hygiene, since the brush does all the work for you.

Use fluoride-based toothpaste to help keep your teeth strong.

Flossing daily will prevent plaque buildup. If you find it a pain in the butt, try flossing while watching television before you go to bed.

Flossing removes food particles stuck between the teeth—those potential little bits and pieces that bacteria can stick to. This goes a long way towards preventing plaque buildup.

A good mouthwash can help prevent gingivitis and periodontitis. Check your mouthwash to see if contains hydrogen peroxide, which helps kill the bacteria in your mouth.

Hate the way mouthwashes feel and how they sting your mouth? There are a lot of mouthwashes available on that are formulated to be gentle to the tongue and cheeks.

Another way you can contribute to a healthy mouth is by quitting smoking. Smoking causes irreparable damage to your mouth and teeth. Not only does it cause staining, it can cause throat, mouth and lung cancer.



The final step to maintain good oral hygiene is to make sure you see your dentist at least twice a year. Your dentist can detect signs of impending tooth decay before you can and will help keep your teeth clean and rot free.

To sum it up, once you have experienced the misery of a toothache, you know that it is necessary to prevent it from happening again.

Toothaches have a variety of causes that can easily be prevented. Knowing how to prevent common tooth ailments will save you thousands of dollars in dental bills. Do not despair because there are several home and herbal remedies that can relieve the pain and help ease you through the day.

Of course, nothing beats good oral hygiene and a great diet to keep your teeth clean, healthy and ache free.

Toothache is an awful pain, one we all try to avoid. In most cases prevention is possible with the right oral hygiene as mentioned above, but sometimes you just can't stop toothache pain. If this is the case, a remedy or treatment is what you require!

This is only the beginning. Try the remedies mentioned above, and see how you get on! I don't want to confuse you with mountains of remedies in one go, and I will surely follow up with lots more things that have worked for me in the past also.

**If you need any help, do not hesitate to email me!**

**Simon**

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**P.S For 20 more PROVEN Toothache Remedies > [CLICK HERE](#)**

