

Toothache Remedy: A Pain in the Mouth

Anyone who has ever suffered from a toothache knows how painful it can be. Does it seem that for some reason, toothaches most often strike on a weekend or late at night when you can't get in touch with your dentist? What can be done to ease this pain when your dentist isn't available?

Most often, tooth decay, abscesses, impacted teeth, gum problems, or sometimes something as simple as a piece of food being lodged between the teeth can cause toothaches. Some diseases not associated with the mouth can also cause toothaches, such as heart disease, sinuses, and ear infections. Sometimes toothaches can simply be due to temporary sensitivity. Toothache pain can range from mild to severe. It is always a good idea to rinse your mouth with water and gently floss, in case a food particle is the culprit. In the event that this does not work, there are some other remedies to try to relieve your ache until you can consult a professional.

Over-the-counter pain medication such as aspirin or Tylenol is available for short-term pain relief, as are antiseptics and gels. These things will numb the area. Your pharmacist can recommend different brands and explain what they do.

Through the years, home remedies for toothaches have sprung up. These remedies can be either medicinal or herbal in nature. One of the most popular toothache remedies is clove oil. You can either use the liquid form or the actual clove. Rubbing clove oil on the tooth is believed to relieve the pain from a toothache. Clove oil contains eugenol, which is a natural pain killer and an antibacterial substance.

Another remedy for toothaches is to mix lime juice and asafoetida powder. Asafoetida is a spice used in Indian cooking. Soak a cotton ball in this mixture and rub it on your tooth and gum. This will help to ease your pain. You can also try adding 1 tbsp of salt to 1/2 cup of boiling water. Put this combination in your mouth, as hot as you can bear it. Then swish it around the problem area. You can also gargle with Listerine Antiseptic, as this has been known to bring relief as well.

Another home remedy is to pour a few drops of vanilla extract on the tooth, as this has been known to ease the pain. You can even crush a clove of fresh garlic and mix it with peanut butter and apply this to the tooth. Does this sound disgusting? Maybe - but it has been known to help. Chewing on ice on the side of the mouth in pain will help as well.

If the above remedies work only temporarily, a sure fire remedy is to visit your dentist. In the line of prevention, the dental community recommends brushing twice daily, flossing at least once a day, and making an appointment for a dental cleaning every six months.

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