**Lyme Bay Medical & Dental Practice**

**Toothache**

**Questions:**

1. Which side is the pain?
2. When did the pain start?
3. Sharp shooting/dull throbbing?
4. Is it affecting your sleep?
5. Is there an associated swelling?
6. Does it hurt when pressure is applied to the tooth?
7. Does anything make it better/worse?
8. Have you had a cold/sinus recently?

**Advice:**

* Regular painkillers if required
* Advise patient to rinse with cold water, this can alleviate the pain
* Good oral hygiene with a fluoride toothpaste and reduce intake of sugary food to ensure decay does not worsen
* If pain is severe and uncontrollable, preventing sleeping or eating – contact your dental surgery