

Managing toothache at home



- Avoid things that bring on pain e.g. hot, cold or sweet food and drink.
- Try leaving a smear of sensitive toothpaste on the sensitive area (don't rinse it off).
- Painkillers such as Paracetamol and/or Ibuprofen can provide pain relief. Take care to follow dosage advice on the packet.
- If the pain feels worse when lying flat, try lying propped up.
- Avoid sugary food and drink to stop decay getting worse.
- If you have a hole in your tooth, try using a temporary filling kit, available to buy from a supermarket or pharmacy.
- Holding cooled water or crushed ice around the tooth can help some types of dental pain.
- Keep your mouth clean by brushing twice a day with a fluoride toothpaste. After brushing, spit but do not rinse.



If you have taken these measures and you are gaining no relief from painkillers, call your dental practice by telephone and they can provide further advice.

If you don't have a regular dentist, search '[NHS Direct Wales Dentist](#)' for the dental helpline number for your Health Board.

If you believe or know you have COVID-19 and have a dental emergency, please call [111](#) or NHS Direct Wales on [0845 46 47](#).