

# Toothache



## EMERGENCY: CALL **911** IF

- You are unable to open or close your mouth.
- You have a fever and swelling around your cheek, nose or eye.
- You have pain in several teeth, jaw, arm or chest.
- You have a headache and problems with your vision.

## When to make an **emergency** visit to the dentist

- You have a toothache and are running a fever.
- The pain is still there after 2 days.
- The pain has become unbearable.
- Your cheek or gums are swollen.
- You have a headache or an earache in addition to the toothache.

*Those aged 65 and over or 18 and under may be eligible for more affordable dental care. Find out more about the Canadian Dental Care Plan or ask your dentist.*

### How to get help

- 24/7, dial **811** *option 1*
- Call your dentist, some clinics are open 24-hours a day
- Call your pharmacist
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811** *option 3*
- Find an appointment on [rvsq.gouv.qc.ca](https://rvsq.gouv.qc.ca)

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

A toothache can be very painful and prevent you from eating or sleeping.

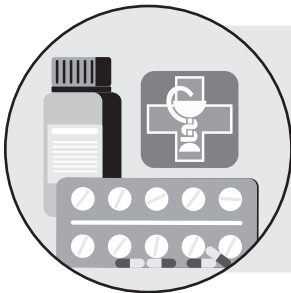
## What to do at home



**Mouth rinse:** Boil water and pour into a glass. Add a teaspoon of salt to the water and stir well. Once the water has cooled off, rinse your mouth with the warm saltwater solution several times a day.



**Cold:** Put an ice pack or cold compress on your cheek for 15 minutes several times a day.



**Medication:** Take medications such as acetaminophen (Tylenol®) or ibuprofen (Advil®). Follow the directions and ask your pharmacist for advice.



**Foods to avoid:** Avoid eating foods that are very hot, very cold or hard.



**Hygiene:** Continue to gently brush your teeth. Use dental floss to remove any food that may be stuck.