

Toothache

A toothache is pain felt in or around a tooth caused by tooth decay, infection, earache, sinus infection or injury to the jaw joint.

Signs of a Toothache

- Pain with chewing
- Bleeding or foul tasting discharge
- Swelling of the gums or jaw
- Redness of the gums or jaw
- Hot or cold pain with food or drinks

Your Care

Make an appointment with a dentist if you have:

- A toothache longer than 1 or 2 days
- A fever, earache or pain when opening your mouth

Ask your dentist about an over the counter pain medicine to take to ease your pain while you wait for your appointment. Do not take aspirin or products with aspirin. Avoid eating very hot or cold foods. It may help to bite down on a cotton ball soaked in oil of cloves. This can be purchased at most pharmacies.

The dentist will examine your mouth and do x-rays. The dentist will then repair or remove the tooth. Pain medicine or antibiotics may be prescribed. Take your medicines as ordered.

How to Prevent Toothaches

Most dental problems such as a toothache can be prevented with good mouth care.

- Brush your teeth with fluoride toothpaste, floss and use mouthwash each day.
- See a dentist to have your teeth checked every six months.

牙痛

牙痛是指牙齿内部或周围感到疼痛，系蛀牙、感染、耳痛、窦感染或下颌关节受伤所致。

牙痛的症状

- 咀嚼疼痛
- 出血或有气味难闻的口腔分泌物
- 牙龈或下颌肿胀
- 牙龈或下颌发红
- 冷热食物或饮料刺激牙痛

自我护理

如有以下情况，请去看牙医：

- 牙痛持续超过 1 天或 2 天
- 发烧、耳痛或张嘴时感到疼痛

向牙医咨询非处方止痛药，在等待就医期间缓解疼痛。不要服用阿司匹林或含阿司匹林成分的药品。避免冷热食物。咬一个浸丁香油的棉球，或许有助于缓解疼痛。浸丁香油的棉球可在大多数药房买到。

牙医会检查口腔，作 X 光检查。然后，牙医会修补或拔掉坏牙。可能会开止痛药或抗生素。遵医嘱服药。

如何预防牙痛

养成良好的口腔卫生习惯，可以预防大多数牙齿问题，例如牙痛。

- 每天用含氟牙膏刷牙、用牙线清洁牙齿、用漱口水漱口。
- 每隔六个月请牙医检查一次牙齿。

Call 911 if you have jaw or tooth pain with chest pain. This could be a sign of a heart attack.

8/2007. Developed through a partnership of Mount Carmel Health, Ohio State University Medical Center, and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.org.

如下颌或牙齿疼痛并伴随胸痛，**请致电 911**。这可能是心脏病发作的迹象。

8/2007. Developed through a partnership of Mount Carmel Health, Ohio State University Medical Center, and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.org.

Toothache. Simplified Chinese.