

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

牙痛是指牙齒內部或周圍感到疼痛，係蛀牙、感染、耳痛、竇感染或下頷關節受傷所致。

牙痛的症狀

- 咀嚼疼痛
- 出血或有氣味難聞的口腔分泌物
- 牙齦或下頷腫脹
- 牙齦或下頷發紅
- 冷熱食物或飲料刺激牙痛

自我護理

如有以下情況，請去看牙醫：

- 牙痛持續超過 1 天或 2 天
- 發燒、耳痛或張嘴時感到疼痛

向牙醫諮詢非處方止痛藥，在等待就醫期間緩解疼痛。不要服用阿司匹靈或含阿司匹靈成分的藥品。避免冷熱食物。咬一個浸丁香油的棉球，或許有助於緩解疼痛。浸丁香油的棉球可在大多數藥房買到。

牙醫會檢查口腔，作 X 光檢查。然後，牙醫會修補或拔掉壞牙。可能會開止痛藥或抗生素。遵醫囑服藥。

如何預防牙痛

養成良好的口腔衛生習慣，可以預防大多數牙齒問題，例如牙痛。

- 每天用含氟牙膏刷牙、用牙線清潔牙齒、用漱口水漱口。
- 每隔六個月請牙醫檢查一次牙齒。

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

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如下頷或牙齒疼痛並伴隨胸痛，**請致電 911**。這可能是心臟病發作的徵兆。

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Toothache. Traditional Chinese.