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.

Ilkaxanuun

Ilkaxanuunku waa xanuun laga dareemo ilkaha guntooda amase hareerahooda, waxaana keena ilkahaa oo dhinta, caabuq, dhegaxanuun, amase dhaawac kaa gaadha daamanka.

Calaamadaha ilkaxanuunka

- Xanuun calaaliska aad ka dareento
- Dhiig ka yimaadda ilkaha amase inaad dareento wiswis
- Daamanka ama cirridka oo ku barara
- Daamanka ama cirridka oo ku casaada
- Cuntada qabow amase diiran oo d kuxanuunjiya

Xannaanadaada

Ka samayso ballan dhakhtarka ilkaha haddii aad leedahay:

- Ilka xanuun ka badan maalin ama laba
- Xummad, dhega xanuun amase xanuun markaad furto afkaaga

Waydii dhakhtarkaaga ilkaha dawooyinka xanuun illowsiiska eek u habboon ilka xanuunka ina aad sugayso ballanta. Ha cunin asbiriin amase dawooyinka ay ku jirto asbiriin. Iska dhowr inaad cunto cunto aad u kulul amase aad u qabow. Waxaa ku anfici kara inaad ilkaha ku qabato cudbi aad ku qoysay saliid. Waxaad cudbigaas ka iibsan kartaa farmasiiga.

Dhakhar ilkeedkaagu wuu baadhi doonaa afkaaga, waxaana uu samayn doonaa sawir X-Ray ah. Markaas buu kuu samayn doonaa ilkaha oo dhisi doonaa amase kaa saari doonaa qaarkood. Dawo xanuun bi'is amase antibiyootig baa laguu qori doonaa. U qaado dawada sida laguugu qorey.

Sidee looga hortagaa ilka xanuunka

Dhibaatooyinka ilkaha badankooda waa laga hor tegi karaa haddii hab fiican la raaco oo xannaanada afka ah.

- Ku cadayo ilkaha dawada cadayga, kuna luqluqo dawo maalin kasta.
- Lixdii biloodba mar u tag dhakhtarka ilkaha si uu u eego ilkahaaga.

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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La hadal teleefonka 911 haddii ay ku hayso daan ama ilig xanuun, ay la socoto laabta oo ku xanuuntaa. Taasi waxay noqon kartaa calaamadaha wadno-istaagga.

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