



FIRST AID FOR TOOTHACHE



1. **Rinse the Mouth** – Use warm salt water to clean the area and reduce swelling.
2. **Floss Gently** – Remove any food stuck between teeth.
3. **Cold Compress** – Apply an ice pack on the cheek to reduce pain and swelling.
4. **Pain Relief** – Take paracetamol or ibuprofen (avoid aspirin for children).
5. **Avoid Chewing on the Affected Side** – Eat on the opposite side to prevent worsening pain.
6. **Avoid Triggers** – Stay away from very hot, cold, or sugary foods.
7. **Clove Oil** – Apply a small amount to the painful area for natural relief.
8. **Use an Antiseptic Mouthwash** – Rinse to reduce infection and keep the area clean.
9. **Do Not Put Aspirin on the Tooth** – It can burn gum tissue.
10. **Seek Dental Care** – If pain persists, swelling increases, or there's fever, visit a dentist immediately.

