

Toothache Red Flags and Dental Visit Notes

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1. Emergency now: go to the ER (do not drive yourself)

- ☐ Swelling around the eye or in the neck
- ☐ Swelling in the mouth or neck that makes it hard to breathe, swallow or speak
- ☐ Difficulty opening the mouth, or sudden eyesight problems

2. See a dentist soon if

- ☐ Toothache for more than 2 days, or painkillers do not help
- ☐ High temperature with tooth pain
- ☐ Pain when biting, or red gums
- ☐ Bad taste in the mouth
- ☐ Swollen cheek or jaw

A family doctor cannot treat teeth. No dentist? Call an urgent dental line or your local health advice service.

3. Safe self-care while you wait

Over-the-counter pain relief as the label directs (ask a pharmacist). No aspirin under 16. Never put tablets on the gum.
Warm salt-water rinse, then spit (not for children). Soft food, chew on the other side. Soft toothbrush.
Avoid sweet, very hot and very cold food and drink. No smoking. Never use neat clove oil; keep it away from children.

4. My numbers

Dentist: _____ Urgent dental care: _____

5. Notes for my dental appointment

Which tooth or area hurts?	
When did it start?	
Pain type: throbbing / sharp / dull / on biting	
Triggers: hot / cold / sweet / chewing / lying down	
Swelling, bad taste, fever?	
Painkillers taken (name and times)	
Other medicines, allergies, pregnancy?	

Pain that suddenly stops does not mean the problem is gone: an infected tooth can go quiet when the nerve dies. Keep your appointment.

No homeopathic remedy has been shown to treat toothache (NHMRC 2015; NCCIH). FDA warned in 2017 about belladonna in homeopathic teething products. This sheet contains no remedies or doses.