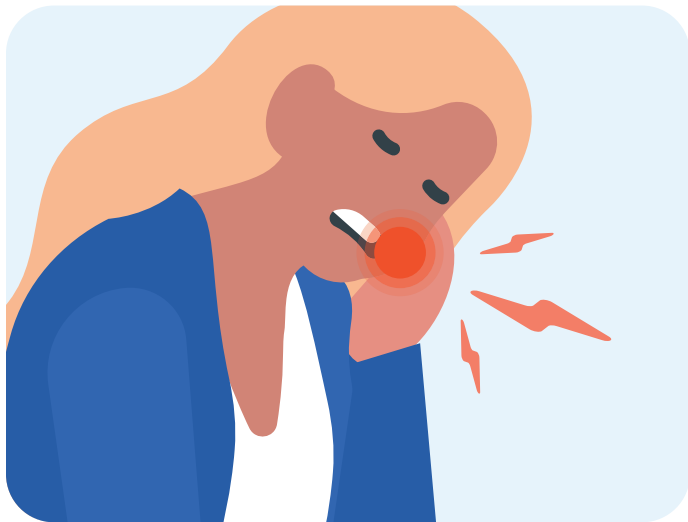


# Toothache



## EMERGENCY: CALL 911 IF

- You are unable to open or close your mouth.
- You have a fever and swelling around your cheek, nose or eye.
- You have pain in several teeth, jaw, arm or chest.
- You have a headache and problems with your vision.

## When to make an **emergency** visit to the dentist

- You have a toothache and are running a fever.
- The pain is still there after 2 days.
- The pain has become unbearable.
- Your cheek or gums are swollen.
- You have a headache or an earache in addition to the toothache.

### How to get help

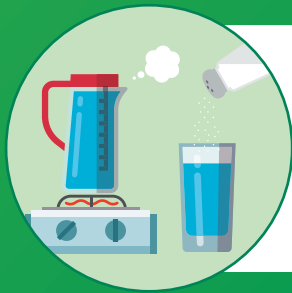
- 24/7, dial 911
- Call your dentist, some clinics are open 24-hours a day
- Call your pharmacist
- Call your clinic to make an appointment
- If you do not have a doctor, dial 911 option 3
- Find an appointment on [rvsq.gouv.qc.ca](https://rvsq.gouv.qc.ca)

Those aged 65 and over or 18 and under may be eligible for more affordable dental care. Find out more about the Canadian Dental Care Plan or ask your dentist.

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

A toothache can be very painful and prevent you from eating or sleeping.

## What to do at home



**Mouth rinse:** Boil water and pour into a glass. Add a teaspoon of salt to the water and stir well. Once the water has cooled off, rinse your mouth with the warm saltwater solution several times a day.



**Cold:** Put an ice pack or cold compress on your cheek for 15 minutes several times a day.



**Medication:** Take medications such as acetaminophen (Tylenol®) or ibuprofen (Advil®). Follow the directions and ask your pharmacist for advice.



**Foods to avoid:** Avoid eating foods that are very hot, very cold or hard.



**Hygiene:** Continue to gently brush your teeth. Use dental floss to remove any food that may be stuck.