



UNDERSTANDING DENTAL PAIN



If you come in to the surgery with a large cavity it would be quite obvious where your pain was coming from but sometimes there is pain and what the cause is, is not obvious.

Dental pain can present in a few different ways. Below are some of the common ones we see.

SENSITIVITY DULL ACHE THROBBING,VERY TENDER

To establish what sort of pain you have, Dr Yerbury will carry out certain tests to try and locate and treat the pain accordingly.

Sensitivity if mild can be treated very easily by the patient at home by using a toothpaste especially for sensitive teeth. If the sensitivity is severe and can be pin pointed by the patient and Dr Yerbury, a special coating of a sealant can be placed in this area and sensitive toothpaste may also be recommended for use at home. Avoiding acidic food and drinks will help too. It is important to take this non invasive action first as this is better for the health of the tooth. If there is an underlying problem that is not visible, the sensitive pain would either remain or get worse, becoming more obvious in its severity. It is at this point we would change the course of action i.e remove an existing filling and check underneath it or commence root canal treatment.

A **Dull ache** in a tooth may mean there is decay in the tooth. This can be established by looking and maybe taking an x-ray to see where the decay is if it is not obvious to the naked eye. To treat this, a filling or restoration would need to be placed in the tooth after all the decay is removed.

Having **Throbbing** can be a little more involved as generally when this occurs the nerve of the tooth is inflamed or dying, resulting in infection in the roots of the tooth. It will also be **Very Tender** to bite on your tooth. Often it feels as though you can feel your pulse in your tooth. Dr Yerbury may do several tests, tapping on certain surfaces, and nerve testing. These tests are done so we can ensure that the correct tooth is going to be treated as sometimes, if pain is so severe, referred pain can be experienced. Once the correct tooth has been located, Dr Yerbury will tell you what can be done to relieve your pain.

WILL I HAVE PAIN AFTER I HAVE DENTAL TREATMENT???????

Mouths are a very sensitive part of our body. If you have been in for a check up and clean or for some impressions to be taken of your mouth then generally, as a rule, there should be no discomfort at all. If you have had a small filling the tooth may become a little sensitive for a few days after but nothing severe. If you have had a large filling it may be a little tender for a few days. If you have had root canal treatment you can expect to have discomfort similar to bruising for a few days. The best pain relief for dental pain is an anti inflammatory such as **NUROFEN**.

If at any time you are unsure of treatment you need or treatment you are receiving please do not hesitate to ask Dr Yerbury