



## **Dental Pain**

You have been diagnosed with a dental (tooth or gum) problem. You need to be seen by your private dentist. If you do not have a dentist, the University of Virginia has several emergency appointments each day in the Dental Clinic. You should be seen for this problem as soon as possible.

### **What To Do**

- ❖ Brush your tooth with a soft toothbrush and rinse our mouth frequently with warm salt water. This helps to remove food particles from the tooth or gum.
- ❖ You can try using an ice pack on your jaw to bring the swelling and throbbing down.
- ❖ If you were prescribed an antibiotic, please take your full dose on time until it is finished.
- ❖ If you were prescribed a narcotic pain killer, remember that it is unsafe for you to drive a car, drink alcohol, or operate heavy machinery while taking the medicine.
- ❖ Try to avoid foods and drinks that are either real hot or real cold. They will increase your pain.

### **When To Call / Return**

Call your dentist or the Dental Clinic ([924-1774](tel:924-1774)) for an emergency appointment.

### **Return To The Emergency Department Immediately If:**

- ❖ You have more severe pain or a headache.
- ❖ Your face becomes swollen, you develop swelling under your tongue, you have difficulty swallowing or you are unable to open your mouth.
- ❖ You have fever over 101° after taking Tylenol®, aspirin, or ibuprofen.
- ❖ You feel that you are getting much worse.