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4 simple ways to temporarily relieve an aching jaw

Most dental pain comes from the teeth, gums, sore jaw muscles or sore jaw joints. It is imperative to visit the dentist as soon as possible to properly diagnose and alleviate the cause of the problem. Here are 4 simple steps that can be taken to lessen pain as the hours pass leading up to a dental visit

1. Try to keep teeth apart. Often dental and jaw pain worsens when the teeth come together during biting and chewing. If you have had a toothache before you probably figured out that "tooth collisions" frequently worsen pain. To lessen pain and feel more comfortable try to reduce the amount of time your teeth come together. Try to relax your jaws and consciously keep your teeth apart. When teeth and jaws are sore trauma from biting can worsen dental pain.
2. Separate your teeth a bit with a piece of cotton or a Q-tip. Only do this for a few minutes at a time in order to break the cycle of pain. To lessen pressure on a sore tooth or to change your bite during swallowing, try temporarily positioning a clean, soft object such as a piece of cotton or a Q-tip between the upper and lower teeth. You will have to move the object around to find a comfortable spot and its position will need to be adjusted over time. **WARNING—OBJECTS PLACED IN THE MOUTH CAN BE CHOKING HAZZARDS SO NEVER GO TO SLEEP WITH THEM IN YOUR MOUTH AND NEVER TRY THIS WITH SMALL CHILDREN!!**
3. If tolerated, over the counter anti-inflammatory analgesic pain medications such as Tylenol or Ibuprofen can be used temporarily as described on the package to lessen pain.
4. Cold packs place on the affected areas for 5 minutes at a time can also reduce pain.

Finally, you really must get to the dentist in order to have the source of your pain diagnosed. These measures are only meant to offer some relief during the time leading up to your visit.

With kind regards,

Jay Harris Levy, DDS