



What should I do if...
I have a toothache?

Wake up ... toothache ... eat breakfast ... toothache ... attend a meeting ... toothache ... go to the gym ... toothache ... mow the lawn ... toothache ... watch TV ... toothache ... try to sleep ... toothache ...

When you have a toothache, you know it! The pain follows you throughout your day. Most likely, your toothache is caused by something stuck between your teeth, tooth decay or an infection in your mouth. Each of these could lead to more serious problems, so it's important to take care of your toothache right away.

First, try rinsing your mouth with warm water to ease the pain and to flush out any particles between the teeth. Then, use floss or an interdental cleaner to remove any food or debris that could be causing the pain. If these don't work and your pain persists, it's time to call your dentist!

In the meantime, taking an over-the-counter pain reliever can help reduce your discomfort. Be sure not to rub aspirin or painkillers on the area surrounding the toothache. This could result in burns to your gums.

PREVENTION IS WORTH AN OUNCE OF CURE!

Prevention is key! Be sure to brush at least twice a day, floss daily and visit your dentist regularly to make sure that your teeth and gums are healthy. Taking good care of your smile today can promote a healthy mouth and a healthy you tomorrow! Also, always keep your dentist contact information readily available.

For information on the TRICARE Dental Program, or to find more "Dental Health 911" tips, visit us online at www.TRICAREdentalprogram.com.