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 on your mouth.

**PREVENTION IS WORTH AN OUNCE OF CURE!**

To avoid this and other dental emergencies, always wear your seatbelt, use proper protective equipment when playing sports (mouthguard, helmet, etc.) and install safety items in your home to prevent accidents (corner guards, safety gates, etc.). Also, always keep your dentist contact information readily available.

For information on your dental plan, or to find more “Dental Health 911” tips, visit us online at www.unitedconcordia.com.