

Tooth Pain | Toothache Causes and Treatment - Smile Solutions

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treatments available to fill or cover up the exposed areas and thus stop further sensitivity. Any discolouration can be addressed by your dentist.

Gum disease Causes & Risk Factors Gum disease is the inflammation and infection of the gums. There are two types: Gingivitis is swelling and redness of the gums, not an infection. Periodontitis is chronic infection affecting the gum and supporting bone. Risk factors include smoking, family history, suboptimal oral hygiene, and infrequent dental cleans and checks.

Common Symptoms Gingivitis : bleeding of the gums when flossing. Periodontitis : red, swollen, bleeding gums; bad breath; and loose teeth.

Treatment & Management Gingivitis is easily treatable and cured with excellent oral hygiene habits, and regular dental cleans . Patients suffering from periodontitis may need to be treated and monitored by a gum specialist .

Infection Causes & Risk Factors Infection occurs when there is decay affecting the nerve of a tooth, trauma, an impacted tooth (usually a wisdom tooth), or gum disease.

Common Symptoms Toothache caused by infection is most commonly described as throbbing, intense pain. Patients may also have a fever and find that the pain dissipates if there is an abscess that pops. It can sometimes be detected visually through swelling of the face and/or neck, or by the sighting of an abscess. Other symptoms of infection include pain when eating and drinking, and sensitivity to hot and cold stimuli.

Treatment & Management If you suspect infection in your mouth, it is important to seek advice from your dentist so that they can treat the infection as soon as possible.

Tooth cracks & fractures Causes & Risk Factors Cracks can happen in any tooth but are more commonly seen in premolars and molars (the main chewing teeth towards the back of your mouth). Tooth fracture is usually a result of grinding or heavy clenching, past trauma and/or large fillings.

Common Symptoms The symptoms of a cracked tooth include sharp pain when eating hot, cold or sweet foods and drinks; and sharp pain when biting and releasing.

Treatment & Management Treatment depends on the extent of the crack or fracture. Minor damage may be monitored or repaired with a filling or bonded restoration. More significant fractures often require a crown to protect and strengthen the tooth. If the nerve is affected, root canal treatment may be required. Early assessment improves the chances of saving the tooth.

Teeth grinding Causes & Risk Factors Grinding and clenching, known as bruxism, is when there is overactivity of the muscles that assist in chewing, resulting in irreversible wear of the teeth. It is most commonly caused by mental stress and occurs subconsciously (often when patients are sleeping).

Common Symptoms Symptoms of bruxism include generalised sensitivity to hot and cold stimuli, generalised toothache, facial pain, and stiffness or pain in the jaw/ jaw joint. Dentally it presents as multiple worn teeth or teeth that are flattened, chipped, broken or loose.

Treatment & Management A thorough check-up of the teeth and jaw structures will determine whether bruxism is the cause of your tooth pain or wear.

Broken or lost restoration Causes & Risk Factors A broken or missing filling.

Common Symptoms Sharp edges, sensitivity to hot or cold, discomfort when biting, food trapping, or a visible gap where the filling or crown has come out.

Treatment & Management Your dentist will assess the area and replace or repair the restoration. If the tooth underneath has been damaged or decay is present, additional treatment may be required before the restoration is replaced.

Enamel loss Causes & Risk Factors Wear, erosion or abrasion that leads to enamel loss and sensitivity.

Common Symptoms Increased sensitivity to hot, cold or sweet foods and drinks; dull or rough tooth surfaces; and changes in tooth colour.

Treatment & Management Treatment focuses on protecting the teeth and reducing sensitivity. This may include fluoride treatments, protective coatings or fillings , and advice on diet and brushing habits to prevent further enamel loss. If you are experiencing tooth pain, contact our team as soon as possible to schedule an appointment.

Contact Us Frequently Asked Questions What will my dentist do at the appointment? Your dentist will ask about the type of pain (sharp or dull), how often it occurs (intermittent or chronic), the specific tooth or area affected, and any triggers such as chewing, biting, or consuming hot or cold foods and drinks. They may also ask how long you've had the pain, whether you've experienced trauma, if the pain wakes you at night, or if you suspect a wisdom tooth may be coming through. This information helps your dentist determine the best treatment plan.

What steps can I take to prevent toothache? Immaculate oral hygiene is imperative in reducing oral conditions that cause toothache, such as gum infection or tooth decay. To maintain the best tooth and gum health and reduce the chance of decay, you should: use a fluoridated toothpaste to brush your teeth twice daily for two minutes floss once daily attend a regular six-monthly check-up and clean with your dentist and hygienist maintain a regular healthy diet, including plenty of water rinse your mouth with water after

eating and/or drinking; this will reduce any residue and return your oral pH to a healthy level chew sugar-free chewing gum or suck on sugar-free mints after eating and/or drinking; this will stimulate your natural saliva flow. What can I do to relieve a toothache? Make a dental appointment as soon as possible to have the underlying condition diagnosed and treated. Over-the-counter pain/headache medication can be used, if needed, until you secure a dental appointment. A topical (localised) pain reliever can also be effective when applied to the affected area. Don't place aspirin or other painkillers directly on your gum or your painful tooth as these will burn the surrounding tissue. Contact Us Contact Us " * " indicates required fields Full Name * Phone Number Email Address * Enquiry Type * General & Cosmetic Dentistry Orthodontics & Invisalign® Specialist Care Do you have private health insurance with dental cover? Yes No Your Message * 0 of 600 max characters Send Message Send Message > Δ Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Close Book Now Notifications