**TYPES OF TOOTH PAIN**

Toothaches can range from dull and constant to sharp and throbbing. Many people complain about tooth pain while eating or right before going to bed, but a toothache can happen any time, any place. Most of the time, people don’t know why their tooth is hurting or where exactly the pain is coming from. Understanding the type of pain you’re experiencing is one of the first steps in determining what’s causing the pain.

The best way to know what’s causing your toothache is to visit with your dentist. X-rays and a thorough examination will help her decide on the proper treatment to relieve your pain.

**1. SENSITIVITY TO HOT AND COLD:**

Teeth sensitivity is a common problem but can lead to major issues. If the pain is mild and lasts a few moments the issue is often that of a worn down enamel. Consider using sensitivity toothpaste, and avoid consuming hot or cold foods for a week to see if the problem goes away.

In case of intense pain that lasts longer than 30 seconds, there is a good chance that it is caused by something far more sinister. More painful sensitivity can be caused by tooth decay, cracks, exposed roots, worn fillings, and gum disease. Make an appointment with your dentist immediately.

**2. A DULL, LINGERING ACHE:**

This is the most prevalent toothache type. Though it might seem frightening, the source may be as simple as food stuck between the teeth. The following problems may cause this form of tooth pain:

\* Something stuck between the teeth.

\* Anything lodged in the gums.

\* An abscessed tooth.

\* Teeth grinding (Bruxism).

Food debris stuck in between the teeth or gums can be removed by flossing and rinsing the mouth. If bruxism is the cause, the dentist will recommend a mouthguard and other treatment options. Patients will need to undergo treatment for an abscessed tooth right away.

**3. SEVERE, THROBING PAIN:**

Patients should see an emergency dentist as soon as a toothache becomes distracting or intolerable. If the condition does not require immediate treatment, the dentist will arrange an appointment for a later date and send tips to the patient on managing the pain in the meantime. If there are other signs, such as discolored gums, bleeding gums, or a strange taste in the mouth, prompt dental care is required.

**4. SHARP PAIN:**

Sharp or jabbing pain almost often necessitates a visit to the dentist. A loose filling or a crown that has fallen off is typically the cause of this form of toothache. The pain could be caused by a fracture, decay, or wear if there is no filling or crown. It is possible that a tooth's enamel has broken or there is a cavity. Regardless of the pain's origin, your dentist should be able to pinpoint the source and easily alleviate the discomfort.

**5. GUM PAIN:**

Gum disease is an infection of the tissues surrounding your teeth. Its progression to an advanced stage causes tooth pain. To prevent gum disease, be sure to brush and floss regularly, with routine dental cleanings and check-ups. If you have gum disease, your dentist can recommend treatment options to help manage the condition and relieve toothache.

**6. TRANSFERRED MUSCULAR PAIN:**

In addition to the muscles of your jaw, other muscles in your head can cause pain to be transferred to your teeth. These muscles include those in your face and in the occipital (back of the head) region. When these muscles become sore or irritated, you may also feel toothache. Again, acetaminophen may be a good choice for an initial treatment attempt, but you will need to visit your dentist or your physician if the problem persists.

**7. TMJ PROBLEMS:**

The Temporomandibular Joints (TMJ) are another name for your jaw joints. Sometimes these joints become inflamed or suffer other problems, leading to pain that may radiate to your teeth. Collectively, these issues are known as Temporomandibular Joint Disorder (TMD). Many cases of TMD are mild, and you can try over-the-counter pain relievers like acetaminophen to treat the pain. However, if the pain does not resolve or if it is more severe, it is time to see your dentist who can diagnose the root of the problem, recommending effective treatment.

**CONCLUSION:**

When you reach out to your dentist, describe the pain as accurately as possible, and they will give you detailed instructions for pain alleviation. Regardless of your tooth pain source, your dentist can locate the problem and provide effective treatment.