

It's only a Toothache

Occasional toothache due to a lost or broken filling may initially cause only minor inconvenience. Without prompt dental attention this pain could become more severe causing problems throughout the day during eating and disturbing sleep at night.

I'll just buy some painkillers

Many types of painkillers are available over-the-counter including paracetamol and ibuprofen. Buying pain relievers to deal with toothache is quite common.

Can painkillers cause serious medical problems?

Buying pain relievers without proper advice may be effective but also has potential risk.

1. Interactions with other drugs, in particular "blood thinners" and blood pressure medicines.
2. Confusion about the active ingredient(s), their strength and correct dosage.
3. "Stronger" painkillers can also cause drowsiness, constipation, impaired co-ordination and balance.

Buying medicines safely when travelling can be really challenging. The package may look the same as the brand you buy at home but information may be different or in a foreign language!

If you are taking prescribed medication always check with a doctor or pharmacist about drug interactions with pain relievers. Use medicines safely and avoid risk.

Toothache drops should work

Applying "toothache drops" or any alcohol-based product on the aching tooth can cause a painful chemical burn on the gum and other soft tissue surrounding the tooth.

Don't rely on pain-killers. Minimise unexpected problems by regular dental care and make sure you have **Dentist In A Box**[®] the "no mess / no fuss" kit for common dental problems. About the size of a CD case **Dentist In A Box**[®]. kits easily fit into the glove-box, hiking day-pack or hand bag. More information available at www.dentistinabox.com.au or phone 1300 THE KIT (843 548).

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