

Toothaches In First Aid

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Overview

1. Toothaches are very common.
2. When they occur at events, the goal is to relieve the pain and offer longer-term suggestions.
3. Many people lack access and funds for dental care, which contributes to the severity of the toothache and any underlying infection.
4. The immediate goal is to help alleviate pain.
5. Another goal is to help people get dental work by helping them locate a clinic and by exploring other ways of working within the medical and insurance systems.
6. Toothache pain can be made worse by both internal and external factors.

Concerns

1. Pain interfering with quality of life and inability to sleep
2. An infection may cause damage to the underlying tissue and bone

When to seek help

1. Pain is often the determining factor for many people.
2. When possible, most people with a toothache will benefit from seeing a dentist, though it is often beyond people's financial means.

Differential Diagnosis

Initial Assessment-Questions

1. Toothache pain is generally obvious.
2. Do they get toothaches frequently?
3. Do they have predisposing conditions for their toothaches?
4. If so, can they be reduced (i.e., specific foods)?

Considerations

1. Treat underlying infections
2. Help with pain
3. Take patients' finances and dental care access into account

Treatment Protocols

Use antibacterial plants

1. Make judicious use of Echinacea and Berberis internally.
2. Drink up to a few ounces a day to help treat an infection.
3. Swish the medicine on the infected area.

Pain relief is paramount (see categories below)

1. Anti-inflammatories
2. Pain-relieving herbs
 - Consider copious amounts of sedative herbs for severe pain.
3. Non-steroidal anti-inflammatory drugs (NSAIDs) and Tylenol.
4. Pain-reducing medicines can either be applied locally or taken internally.

Most toothache pain is caused by pressure from infection

1. Use anti-inflammatories to reduce the pain by decreasing pressure
2. Opening the abscesses and allowing them to drain will relieve the pressure.
3. But this should only be done with skilled people with the proper equipment.

Clove essential oil

1. Apply topically with a cotton swab
2. Properties
 - Antibacterial
 - Oral analgesic (reduces pain)
3. Use caution as it is a skin irritant.
4. It will fray tissue it comes into contact with.

Treat locally and internally.

1. Internally, antibacterials, anti-inflammatories, and pain-reducing agents.
2. Local medicines to draw out the infection.

Therapeutic Applications

- | | |
|----------------------------|--------------|
| 1. Cavity-filling material | 4. Rinses |
| 2. Ice/cold packs | 5. Tea |
| 3. Licorice root chews | 6. Tinctures |

Treatment-Stages

Pre

1. Diet
2. Tooth and gum care

Peri

1. Pain-relieving
2. Anti-inflammatory
3. Antibacterial
4. Astringent
5. Sleep aid

Post

1. Education

2. Tooth care

Treatment Categories

- Adsorbent
- Analgesic
- Anodyne
- Antibacterial
- Anti-inflammatory
- Antiseptic
- Astringent
- Chewing stick
- Counterirritant
- Drying agent
- Nervine
- Sedative

Categories for Rinses- to prepare, use some of the herbs below.

1. **Astringent**-at least one, preferably 2 or more, with mixed actions.
2. **Anti-inflammatory**-specific for the face and soft tissue.
3. **Antibacterial**-use a few different types.

Herbs List

- Alder-Alnus species
- Black birch-Betula lenta
- Blackberry-Rubus species
- Cannabis-Cannabis species
- Cayenne-Capsicum annum
- Chamomile-Matricaria chamomilla
- Chaparral-Larrea tridentata
- Clove-Syzygium aromaticum
- Conifer resin
- Echinacea-Echinacea purpurea
- Flowering dogwood-Cornus florida
- Garlic-Allium sativum
- Jamaican dogwood-Piscidia piscipula
- Japanese barberry-Berberis thunbergii
- Japanese knotweed-Reynoutria japonica
- Kava-Piper methysticum
- Licorice-Glycyrrhiza species
- Marshmallow-Althaea officinalis
- Meadowsweet-Filipendula ulmaria
- Myrrh-Commiphora species
- Neem-Azadirachta indica
- Oak-Quercus species
- Oregon graperoot-Berberis species
- Osha-Ligusticum porteri
- Prickly ash-Zanthoxylum clava-herculis
- Propolis
- Pussytoes-Antennaria species
- Rhatany-Krameria species
- Self-heal-Prunella vulgaris
- Slippery elm-Ulmus rubra
- Spotted geranium-Geranium maculatum
- Wild lettuce-Lactuca species
- Willow-Salix species-
- Wintergreen-Gaultheria procumbens
- Witch hazel-Hamamelis virginiana
- Yarrow-Achillea millefolium
- Yerba mansa-Anemopsis californica

Herbs by Categories

Anti-inflammatory

- Black birch
- Chamomile
- Japanese knotweed
- Wintergreen
- Licorice
- Meadowsweet
- Pussytoes
- Willow

Astringents-draw and tighten the gums, prevent degradation, and help mop up pathogens.

- Alder
- Blackberry
- Flowering dogwood
- Myrrh
- Oak
- Rhatany
- Self-heal
- Spotted geranium
- Witch hazel
- Yerba mansa

Antimicrobial-kill a variety of microorganisms.

- Barberry
- Chaparral
- Echinacea
- Myrrh
- Oregon graperoot
- Propolis
- Yarrow
- Yerba mansa

Chewing sticks-to clean teeth and help gums

- Neem
- Flowering dogwood
- Licorice

Counterirritants

- Cayenne
- Prickly ash

Specific gum tonics

- Propolis
- Myrrh
- Clove

Pain Relief-use as much as necessary

- Cannabis
- Clove essential oil
- Ethanol
- Hops
- Wild lettuce
- Kava
- Jamaican dogwood
- Skullcap
- Valerian

Non-herbal

- Activated charcoal
- Clay
- Ethanol
- NSAIDs
- Propolis