Guide on Abscessed Tooth – 12 Home Remedies to Remove the Pain and Infection

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If you have ever suffered from an abscessed tooth, you will be familiar with the severe pain and distress you have to endure when diagnosed with this common tooth problem. A tooth infection can keep you awake for long hours at night, and though you may try hard to provide relief to your tooth, your toothache just gets worse. Sounds familiar? If you have been there and experienced the pain, you would know what I am talking about.

Before we get down to the treatment and all, let’s find out what is an abscessed tooth?

This kind of a tooth infection is caused by bacteria and germs and can accumulate just around the gum area. There are innumerable reasons which lead to the swollen and inflamed tooth. Before searching for the right remedies, delve deep and find out some of the causes behind this tooth condition. This will stop your tooth from getting infected over and over again, so addressing the underlying causes of the infected tooth holds utmost importance.

An abscess simply is an accumulation of pus, stemming from an infection in the mouth. If you ever had a splinter in your foot or finger you would be familiar with the condition and the pus that accumulates around the splinter. This is the first sign of your immune system fighting in defense. This is exactly why you get an abscessed tooth, to defend your body against infection. It collects pus in way of defense.

There are two types of abscessed tooth in the mouth. There is an abscess that originates in the gum pocket known as periodontal gum disease. This is an advanced gum disease, one we need to be wary of. There is also periapical abscess, located at the tip of the root of a tooth. So, while one is a gum abscess, the other is a tooth abscess.
Here is what you will find in this article,

- Signs and Symptoms of an Abscessed Tooth
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**Signs and Symptoms of an Abscessed Tooth**

Below is a list which will give you an inkling why you keep having this recurring infection. Read on to find out more,

** Causes **
- Cracked tooth
- Unsatisfactory oral hygiene
- Consumption of high amounts of refined sugar
- Consumption of High Carb Foods
- Dental Infection
- Consumption of junk food
Gum Disease
Gingivitis
Low Immunity

It makes sense to stop the infected tooth from getting worse. So look out for those tell-tale abscessed tooth symptoms. There are many signs you need to be wary of.

**Symptoms of Abscess in Tooth are as follows**

- Tooth Sensitivity, unable to eat hot or cold food
- Inflamed cheek
- Inflamed gums
- Bad breath
- Difficulty in swallowing food
- Problems in opening the mouth
- Problems in chewing
- Swollen lymph nodes
- Sleep issues
- Tooth pain accompanied by fever
- Oral discomfiture
- Splitting headaches

Searing tooth pain causing you immense distress right in the middle of the night can make you gulp down painkillers in large numbers, but sometimes even that does not help! That is why it is important to hold the infection by the scruff of its neck and initiate healing. I don’t think anyone of us is too fond of the hot seat in the dentist’s chamber. And then follows a course or two of antibiotics which have their own set of health repercussions. Well, take the medicine if you have to, but before that, try these amazing medicines to stop your abscessed gums from getting worse.

**Abscessed Tooth – Why You should not ignore it**

Okay, now for the bad news, it’s a chronic infection. The very word ‘chronic’ is reason enough to press the panic button as chronic infections can even cause death, if not treated at the right time. The excruciating pain in your tooth, is your tooth’s way of saying, “Hey, take a look at it, will you?”
It does sound scary, but an abscessed tooth, if left untreated, will impact the jaw bone so severely that it can eventually lead to tooth loss. And that’s just the tip of the iceberg.

If you still leave it untreated, the infection will further build and continue to spread into the surrounding region, destroy every tissue in its path, read bones, muscles and so on. That’s not all, it can even lead to vision loss, facial paralysis and finally death.

Now, if this wasn’t enough, chronic oral infection may also point to a systematic inflammation. This kind of infection is a root cause of several diseases such as heart disease, diabetes, cancer, arthritis, and so on.

Like it or not, sometimes that trip to your dentist’s chamber can be the wisest thing you have done in a while.

How to get rid of an abscess – Home Remedies for Abscessed Tooth

Yes, it is possible to get rid of your abscessed tooth by following home remedies. Stop tooth decay and life-threatening complications by paying heed to the symptoms and taking care of your infected tooth. They do not have side-effects and can miraculously save your tooth from getting decayed. Read on to find more about a tooth abscess home remedy that really works!

1. Oil Pulling

The reason oil pulling appears at the top of the heap of home remedies is that it not only addresses the tooth infection but also helps build your overall immunity. It is a great truth infection cure, one that systematically addresses all oral health challenges. It is also one way of avoiding tooth abscesses in the first place. While traditionally sesame oil is the favored oil, our favorite is coconut oil, because of its flavor and also its antimicrobial properties.
Ingredients:
- 1 tablespoon coconut oil

Method:
1. Put the coconut oil in your mouth.
2. Continue to swish the oil in your mouth for at least 15-20 minutes. Ensure you do not swallow it, which may prove to be challenging at first but you will master it as you continue to do it every day.
3. After you have swished it thoroughly in the mouth, spit it out and rinse your mouth with lukewarm water.
4. Repeat this daily, twice if you can for about a month for great results.

Note: Only use the cold-pressed, organic, virgin variety of coconut oil and do this the first thing in the morning before you brush your teeth.

2. Clove

You will be absolutely amazed at the sheer array of wonderful health solutions that your kitchen can boast of! Clove is that tiny essential kitchen spice which besides flavoring your recipes can prove to be a potent natural antibiotic, thanks to the essential oil present in it. It can fight infection and reduces the signs and symptoms of abscessed tooth pain. In fact, clove can also be used as first aid to curb the irritation and stop the infection right in its tracks.
The active ingredient in clove known as Eugenol can soothe the throbbing nerves and also aching gums. This helps to numb the area, and you won’t have any sensation in the affected area, once you treat it with clove. Clove oil is antiseptic, anesthetic and antibacterial, and it can be used as a natural pain-killer while filling the cavities.

#Remedy1
**Ingredients:**
- 1 teaspoon clove powder
- 1 teaspoon water to form a paste

**Method:**
1. Combine the clove powder and the water to form a paste.
2. Apply this to the abscess and keep it there for 20 minutes.
3. Rinse with a generous amount of water to rinse the mouth.

#Remedy2
**Ingredients:**
- Clove oil

**Method:**
1. Dip and soak a cotton ball in clove oil.
2. Put it over the painful abscess.
3. Keep the solution for 15 minutes and then rinse off.
4. Repeat this remedy at least 3 times a day to get rid of the pain and redness.
3. Turmeric and Salt

Turmeric is a wonder spice, and the perfect natural antibiotic to cure your abscessed tooth. Salt has tremendous disinfectant properties which curb your inflammation in the best possible way, also alleviating pain; and if that wasn’t enough, it also controls the influx of bacterial infection.

Ingredients:
- 2 teaspoons of turmeric
- 1 teaspoon of clove oil

Method:
1. Mix the turmeric with table salt.
2. Add the clove oil to make a thick paste.
3. Apply this paste to your abscess and the area around it.
4. Let it for about 30 minutes before spitting it out.
5. Apply and reapply this paste every 3 hours to fight back infection.

4. Black Tea Bag

If you have believed till now that a cup of steaming black tea can literally set everything right, then you are right! At least it can curb the pain of your tooth, all thanks to the anti-inflammatory agent called tannin! Tannin is available in generous quantities in black tea and it can be the answer to the inflammation of gums, relieving pain.
The antioxidant and antimicrobial properties of tannin literally plug the infection and kill the bacteria, the root cause of abscessed tooth symptoms.

**Ingredients:**
- 1 black tea bag

**Method:**
1. Put the tea bag in one cup of steaming hot water.
2. Let the tea seep into the water for 5 minutes.
3. Take out the tea bag and let the scalding liquid cool down a bit.
4. Now put this on the aching abscess area for 10 minutes.
5. Rinse your mouth well with the remaining water in the cup.
6. Repeat this process at least 3 times a day to speed up the healing process.

**5. Peppermint Oil**
Peppermint oil is the perfect home remedy to treat your abscessed tooth. Why does it work? Firstly, it has antibacterial properties, and secondly, it helps reduce the pain and help protect the overall oral health. Thirdly, it can give you white shiny teeth.
Ingredients:
- 5 teaspoons of peppermint oil
- 1 glass of water

Method:
1. Mix the peppermint oil with a glass of water.
2. Use this homemade mouthwash to clean your mouth of tartar and bacteria.
3. Swish over the affected area for a good 5 minutes.
4. Next, rinse your mouth with lukewarm water.
5. Abstain from eating for the next hour or so.
6. Do this daily to speed up the healing process.

6. Warm Salt Water

Sometimes all you need is a little salt and water, and it works miraculously! Why salt? Salt contains antimicrobial and disinfectant properties that inhibit the proliferation of bacterial growth. This does not only reduce the pain and inflammation, but also the other symptoms that you normally associate with an abscessed tooth.
Warm salt water drains the pus and stops the infection from spreading to different parts of the mouth. Besides your normal table salt, you can also use other salts such as Epsom salt or unrefined sea salt or Himalayan pink salt.

**Ingredients:**
- 1 teaspoon salt (Epsom salt/sea salt/Himalayan pink salt)
- 1 glass of warm water

**Method:**
1. Add the salt to a glass of water.
2. Blend well until the salt gets dissolved, completely.
3. Rinse your mouth thoroughly before you spit out the solution.
4. Repeat the process several times a day for best results.
5. Note: You may feel increased pain initially, but gradually the pain dissipates.

**7. Baking Soda**

Baking soda is that one handy ingredient that can provide amazing solutions to every common ailment. It normalizes the pH levels of the saliva in the mouth and inhibits the proliferation of bacteria. This stops bacterial infections. The cleansing property of baking soda helps get rid of the bacteria and other foreign particles from the mouth.
Ingredients:

- ½ teaspoon baking soda
- ½ teaspoon salt

Method:
1. Combine the required amount of baking soda and salt.
2. Damp a small cotton wool and roll it into the mixture, then place it on the affected tooth and cheek.
3. Leave the mixture for 3-5 hours.
4. Repeat till you get the desired results.

Note: You swish your mouth using 1 teaspoon baking soda with 1 glass water.

8. Raw Potato

Raw potato is alkalizing in nature. Thus, it helps normalize the pH balance of your mouth. The humble raw potato can also help soothe the abscessed gum. The acidic properties also help slough off the dead cells and remove toxins from the mouth.
Ingredient:
  - A raw potato slice

Method:
1. Take your potato slice and put it on the abscessed area.
2. Let it stay there for an hour or even overnight.
3. Rinse your mouth with clean water.
4. Try to follow this remedy regularly for positive results.

9. Olive oil

The goodness of olive oil is not restricted to concocting appetizing dishes only, it’s also a terrific solution to treat an abscess tooth infection. The chemical found in olive oil known as eugenol helps kill the bacteria and also minimizes the pain with great efficacy.
Ingredients:
- 1 teaspoon olive oil

Method:
1. Take the required amount of olive oil in a bowl.
2. Then, dip the cotton ball into this bowl and apply the same to the affected area.
3. Hold the cotton ball for a few minutes.
4. Follow this method daily for results.

10. Sesame Seeds

Sesame seeds are another method which kill bacteria that cause an abscessed tooth. This is an amazing remedy for a tooth infection, as it gives immediate relief from the pain. A time-tested remedy, it is an apt solution for tooth abscess symptoms.

Ingredients:
- Sesame seeds – 4 teaspoons
- Water
- A saucepan
- A cotton ball

Method:
1. Add sesame seeds to a saucepan.
2. Then boil water in a saucepan for about 5 minutes.
3. Remove from flame and dip a cotton ball into the water.
4. Apply the solution to your tooth for about 15 minutes.
5. Repeat this treatment for about 2-3 times to get healing.

11. Garlic

Garlic is an excellent remedy to relieve a toothache. Its potent combination of medicinal and antibiotic properties is what helps provide relief from an abscessed tooth. There are many ways to use garlic for abscessed tooth treatment. Take a leaf from our natural home remedies book and start using garlic to alleviate tooth pain.
**Ingredients:**
- 2-3 garlic cloves
- Salt
- Apply the mixture to your pain to get relief.

**Method:**
You can chew a few garlic cloves too to get relief from pain and swelling. This treatment can be used several times for fast relief. You can also use garlic oil on your affected tooth!

12. **Tea tree oil**

It contains great antibacterial and antiseptic properties that help kill the bacteria which lead to the formation of an abscessed tooth. [Tea tree oil is one of the most powerful natural antibiotics](https://www.nationalgeographic.com/health/), thus, it can fight off infection from the root.
Ingredients:

- Few Drops of tea tree oil

Method:

1. Take a toothbrush and pour a few drops of this oil on it.
2. Use this to brush your teeth. Repeat this several times a day for quick relief.

Another quick remedy is to add 8 to 10 drops of this oil into a large cup of lukewarm water and stir the solution, continuously. Now, use this solution to swish around your mouth. Repeat this at least 3-4 times a day for positive results.

Since tea tree oil is a very potent oil, dilute the oil with a carrier oil such as coconut oil or olive oil and then apply the concoction. Follow this method 2 to 4 times a day for the desired results.

Tooth Abscess Home Treatment – Tips and Tricks to Prevent the Condition

Just following home remedies won’t give you the desired results, you need to take extra precautions to cure an abscessed tooth and initiate quick healing. Sticking to certain eating habits and improving your overall oral hygiene can help you get quick results. The following tips and tricks can ensure that you heal faster and stop having recurring infections.
▪ Change toothbrush every 3 months to stop the proliferation of bacteria.
▪ Reduce the over-consumption of sugar and other sugary beverages.
▪ Go to a trusted doctor for your root canal treatment.
▪ Reduce, or better still, stop consuming processed packed foods.
▪ Stop the consumption of alcohol.
▪ Avoid such vices as chewing tobacco or smoking.
▪ Drink copious amounts of water.
▪ A cold compress applied on your cheek near the aching tooth for a few minutes can provide quick pain relief.
▪ Wheatgrass juice is also a potent solution for an abscessed tooth. Just consume a ½ glass of wheatgrass juice regularly on an empty stomach to get quick relief from pain and abscessed tooth symptoms.
▪ Maintain proper oral hygiene; brush and floss your teeth twice daily.
▪ A fluoride-based toothpaste helps reduce the risk of developing an abscessed tooth.
▪ An antimicrobial mouthwash is a great way to keep your mouth infection-free. Rinse your mouth regularly with it.
▪ Abstain from chewing gum.
▪ Cut down your caffeine intake.
▪ Maintain a healthy diet.
▪ Go for regular dental check-ups and cleanings.

Consider using the above treatments to aid healing, but if you feel that these methods are unable to provide you any relief, do pay that all-important and long-awaited visit to your dentist. This natural treatment can work well in conjunction with the doctor-prescribed conventional treatment. So, go ahead heal yourself naturally and keep your oral health in optimal condition. There is so much more to your teeth than a fantastic-looking smile. Make your oral health your first priority and you won’t regret that decision, ever!
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