

Dental Emergency and How to Act

Different Dental Emergencies call for different actions. Be sure to keep this handy with other first aid information and supplies.

Emergency	How to Act
Toothache	<ul style="list-style-type: none">• Rinse your mouth with warm water.• Place cold compress, if there is swelling on outside of the cheek.• Use Dental Floss to remove any food trapped between teeth. Do not use sharp objects.• Take over the counter pain medications for relief.• See the dentist as soon as possible.
Broken Tooth	<ul style="list-style-type: none">• Gently clean debris from the injured area with warm water.• Place cold compress on the face to minimize swelling.• Go to the dentist immediately!• Apply pressure to the bleeding area, if any.
Knocked-out Tooth	<ul style="list-style-type: none">• If the tooth is dirty, rinse gently with water. DO NOT SCRUB IT!• Do not try to put the baby tooth back in the socket. Store it in cold milk or water.• Try to gently insert the permanent tooth back in the socket. Do not force the tooth. Store it in cold milk or water, If this isn't possible.• Go to the dentist immediately and don't forget to take the tooth with you.
Bitten Lip or Tongue	<ul style="list-style-type: none">• Apply pressure to the bleeding area with the gauze/clean cloth.• Use cold compress, if swelling is present.• If bleeding continues, go to the Hospital Emergency Room.
Object Wedged Between Teeth	<ul style="list-style-type: none">• Use Dental Floss to remove the object. Do not use sharp instruments• See the dentist, if you can not remove the object yourself.

Quick Tip: A properly fitted mouthguard is an important piece of athletic gear that can protect your teeth and smile. Mouthguards are recommended for any recreational activity that poses a risk for injury to the mouth. Consult your dentist for getting a mouthguard to avoid many possible dental emergencies.

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