First Aid for Dental Emergencies

**Toothache**
Clean the area around the sore tooth thoroughly. Rinse the mouth vigorously with warm salt water or use dental loss to dislodge trapped food or debris. DO NOT place anything in/on the gum or on the aching tooth. If face is swollen, apply a cool compress, like acetaminophen for pain and see a dentist as soon as possible.

**Cut or Bitten Tongue, Lip, or Cheek**
Apply ice to bruised areas. If there is bleeding, apply firm but gentle pressure with a clean gauze or cloth. If bleeding does not stop after 15 minutes or if it cannot be controlled by simple pressure, take the child to a hospital emergency room.

**Knock-Out Permanent Tooth**
1. Remain Calm
2. Reinsert Tooth or
3. Place in Milk
4. See Dentist
Find the tooth. Handle the tooth by the top (crown), not the root portion. You may rinse the tooth but DO NOT clean or handle the tooth unnecessarily. Try to reinsert it in its socket. Have the child hold the tooth in place by biting on a clean gauze or cloth. If you cannot reinsert the tooth, transport the tooth in a cup containing milk. See a dentist IMMEDIATELY. Time is a critical factor in saving the tooth.

**Other Emergency Conditions**

**Broken Braces and Wires**
If a broken appliance can be removed easily, take it out. If it cannot, cover the sharp or protruding portion with dental wax, cotton balls, gauze, or chewing gum. If a wire is stuck in the gums, cheeks, or tongue, DO NOT remove it. Take the child to a dentist immediately. Loosen or break loose appliances which do not bother the child and don’t usually require emergency attention.

**Possible Broken Jaw**
If a fractured jaw is suspected, try to keep the jaws from moving by using a towel, tea bag, or handkerchief, then take the child to the nearest hospital emergency room.

**Bleeding After Baby Tooth Falls Out**
Fold and pack a clean gauze or cloth over the bleeding area. Have the child bite on the gauze or cloth, with pressure for 15 minutes. This may be repeated several times. Periodontal, see a dentist.

**Cold/Canker Sores**
Many children occasionally suffer from “cold” or “canker” sores. Usually over-the-counter preparations give relief. Because some serious diseases may begin as sores, it is important to have a dental evaluation if these sores persist.

**Broken Tooth**
Rinse dirt from injured area with warm water. Place cold compresses over the face in the area of the injury. Locate and save any broken tooth fragments. Immediate dental attention is necessary.