

FIRST AID FOR DENTAL EMERGENCIES



Toothache

Clean the area around the sore tooth and look for any signs of food stuck between teeth. Use dental floss to dislodge trapped food or debris. Next, check lips, cheek, and gums for any canker sores or gum swelling. DO NOT place aspirin on the gum or on the tooth. If face is swollen, call a dentist IMMEDIATELY!



Broken Orthodontics

If a broken appliance can be removed easily, take it out. If it cannot, cover the sharp portion with dental wax. Loose or broken appliances which do not bother the patient do not usually require emergency attention. Call your orthodontist for an appointment.



Knocked out Permanent tooth

Once you have found the tooth, handle it by the top (crown) NOT the root portion. You may rinse the tooth with water, but DO NOT clean or handle it unnecessarily. Try to reinsert it in its socket. Hold the tooth in place by biting on a clean gauze or cloth. If you cannot reinsert it, transport the tooth in a cup of milk. See a dentist IMMEDIATELY! Time is a critical factor in saving the tooth. Baby teeth do not need to be reinserted.



Broken tooth

Try to find the tooth fragments and place in milk. Check lips and tongue to make sure any broken pieces are not stuck in the lips or tongue. Call your dentist IMMEDIATELY!



Cut or Bitten Tongue, Lip or Cheek

First, rinse out mouth. Apply ice to any bruised areas. If there is bleeding, apply firm but gentle pressure with a clean gauze or cloth.

If bleeding does not stop or it cannot be controlled by simple pressure, go to the hospital or emergency room IMMEDIATELY!

Possible Broken Jaw

If fractured jaw is suspected, try to keep the jaws from moving by using a towel or handkerchief around the head. Place ice over any swelling, then go to the nearest hospital emergency room IMMEDIATELY!

Bleeding After A Baby Tooth Falls Out

Fold and pack a clean gauze or cloth over bleeding area. Have the child bite on the gauze with pressure for 15 minutes. If the bleeding persists, call a dentist.

Canker Sores

Many people suffer from canker sores. The sores should resolve in 7-10 days. Avoid salty, acidic foods. Since some systemic diseases present with canker sores, it is important to have a dental evaluation if these sores persist.

