

Dental Health

EMERGENCIES

Injuries to the face, mouth, teeth, jaw and gums need treatment as soon as possible.

Toothache:

- Rinse the mouth with warm water to clean the area.
- Use dental floss to gently remove food or object that may be stuck between the teeth.
- Never put pain medication against the tooth or the gums. Pain medication may burn the gums.
- Do not rely on pain medication. Medication may stop the pain, but the tooth may still need dental work to stop future pain. Call your dentist if the toothache does not stop.

Tongue or lip, bites or wounds:

- Gently clean the area with a clean cloth.
- Apply cold compresses to slow swelling.
- Bleeding of the tongue can be slowed by pulling it forward. Use gauze to put pressure on the wound.
- Seek medical attention if the bleeding does not stop.



Knocked out tooth:

- Try to find the tooth! This may not be easy. Sometimes, the tooth can be put back in place, saving money.
- Stay calm! Pick up the tooth by the crown (the chewing surface) NOT the roots. If the tooth is dirty, gently rinse the tooth with water. Keep the tooth wet at all times.
- Get to your dentist within one hour. Time is important when trying to save the tooth.

Broken tooth:

- Use cold compress on the outside of the cheek to slow swelling.
- Use gauze to apply pressure to the area if there is bleeding.
- Take the broken piece of tooth to the dentist if possible.

Objects between teeth:

- Gently remove the object with dental floss.
- Never use a sharp or pointed object to remove what is between the teeth.
- Call your dentist if you are not able to remove the object that is between the teeth.

Possible broken jaw:

- Apply cold compresses to help with pain and to slow swelling. Seek medical attention immediately if you cannot close your teeth together.

Dentist's Phone Number: _____

Dentist's Emergency Phone Number: _____

Urgent Care Clinic or Emergency Room: _____

Doctor's Phone Number: _____

Doctor's Emergency Phone Number: _____



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