

FIRST AID FOR DENTAL EMERGENCIES



TOOTHACHE

Rinse the mouth with warm salt water and floss around the teeth to remove any food particles. In case of swelling, apply a cold compress outside the affected area. Never put any medicine, like aspirin or clove, directly against the gums as they may cause tissue burns. Call your dentist to schedule an appointment.



CHIPPED OR BROKEN TEETH

Retrieve any broken pieces. Rinse the mouth (and any pieces) with warm salt water. In case of bleeding, place a wet gauze on the area and ask your child to bite hard on it for 10 minutes. Apply a cold compress to the outside of the mouth, cheek or lip near the affected area. Visit the dentist as soon as possible.



CUT OR BITTEN TONGUE, LIP OR CHEEK

Any injury to the lips, tongue, cheek or gums can result in bleeding. First rinse the mouth with mild salt water solution. Then use a moistened piece of gauze and apply pressure on the infected area for 10 -15 minutes. If the bleeding still doesn't stop, call the dentist immediately.



BROKEN BRACES AND WIRES

If the broken appliance is cutting into the cheek, try to reposition the wire with the help of wax, gauze or cotton ball. If the wire cannot be repositioned, cover it with wax or gauze, then see your orthodontist as soon as possible. Loose wires normally do not require emergency attention.



KNOCKED-OUT PERMANENT TOOTH

Retrieve the tooth, holding it by the crown (the top part). The tooth should be immediately inserted back into its socket or if obviously contaminated, rinse for ten seconds under cold running tap water, then reinsert the tooth into its socket. If that is not possible place the tooth in a container with milk. Seek emergency dental care immediately. Time is critical.

OTHER EMERGENCY CONDITIONS

Possible Broken Jaw

If a fractured jaw is suspected, try to keep the jaw from moving, 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 with pressure for 15 minutes. This may be repeated once. If bleeding continues, see a dentist.

Cold/Canker Sores

Many children occasionally suffer from "cold" or "canker" sores. Over-the-counter preparations may provide some relief but should be used sparingly and with caution. Because some serious diseases may begin as sores, it is important to have a dental evaluation if these sores persist.