

Being prepared for a dental emergency is NO ACCIDENT. Knowing what to do can mean the difference between saving and losing a tooth. This handy reference card has some tips...

dental emergency

PROCEDURES

- ① **Knocked-Out Tooth:** Hold the tooth by the crown, and rinse off the root of the tooth in water if it's dirty. Do not scrub it or remove any attached tissue fragments. If possible, gently insert and hold the tooth in its socket. If that isn't possible, put the tooth in a cup of milk and get to the dentist as quickly as possible. Don't forget to take the tooth with you!
- ② **Broken Tooth:** Rinse the mouth with warm water to keep the area clean. Put cold compresses on the face to reduce swelling. Go to the dentist immediately.
- ③ **Bitten Tongue or Lip:** Clean the area gently with a cloth, and apply cold compresses to keep swelling down. If bleeding is excessive or doesn't stop in a short period of time, go to the dentist or a hospital emergency room.
- ④ **Objects Caught Between Teeth:** *Gently* try to remove the object with dental floss. If you're not successful, go to the dentist. *Do not* try to remove the object with a sharp or pointed instrument.
- ⑤ **Toothache:** Rinse the mouth with warm water to clean it out. Use dental floss to remove any food that may be trapped between the teeth. Do not put aspirin on the aching tooth or gum tissues. See your dentist as soon as possible.
- ⑥ **Possible Broken Jaw:** Apply cold compresses to control swelling. *Go to your dentist or a hospital emergency room immediately.*