



## Dental Emergencies

*Different situations call for different action.*

### Toothache

- Rinse your mouth out with warm water.
- Use dental floss to remove food trapped between teeth. If there's swelling, place cold compresses on the outside of the cheek.
- Do Not place aspirin on aching tooth or gums.
- See a dentist as soon as possible.

### Object Wedged Between Teeth

- Try to remove any object with dental floss carefully, to prevent cutting gums.
- If you cannot remove the object, see a dentist.
- Do not try to remove any object from your mouth with a sharp or pointed instrument.

### Knocked-Out Tooth

- If the tooth is dirty, rinse it gently under running water. Do not scrub it.
- Do not try to pack a baby tooth back in the socket. Place the tooth in cool milk or water.
- For a permanent tooth, gently insert in its socket. If this isn't possible, place the tooth in a container of milk or cool water.
- See a dentist, immediately!
- Take the tooth with you to your dentist.

### Broken Tooth

- Gently clean dirt or debris from injured area with warm water.
- Place cold compresses on the face, in the area of the injured tooth, to minimize swelling.
- See a dentist, immediately!
- Apply direct pressure to the bleeding area with a clean cloth.



### Bitten Lip or Tongue

- Apply direct pressure to the bleeding area with a clean cloth.
- Apply cold compresses, if swelling is present.
- Go to a hospital emergency room if bleeding continues.

Updated July 2018