

## **DENTAL EMERGENCIES**

It's a fact of life - emergencies happen and often when your dentist office is closed. We have composed a list of do's and don'ts for some dental emergencies. In all cases you should get to a dentist or your dentist as soon as possible, but the following tips should keep you going until you can get there.

### **Toothache**

- Do brush and rinse your teeth with warm water to keep it as clean as possible.
- Do use dental floss to remove any trapped food between the teeth.
- Don't place an aspirin on the aching tooth or gum tissue.
- See your dentist as soon as possible.

### **Knocked-Out Tooth**

- Do rinse the tooth in running water if it's dirty.
- Don't scrub it or remove any attached tissue fragments.
- Do gently insert and hold the tooth in its socket or place it in a cup of milk or cool water.
- Do go straight to your dentist-if you get there within 30 minutes or less, there's a good chance that the tooth can be put back in its proper place.

### **Broken tooth**

- Do gently clean dirt from the injured area with warm water.
- Do place cold compresses on the face in the injured area to decrease swelling
- Do go to your dentist immediately.

### **Bitten Tongue or Lip**

- Do apply direct pressure to the bleeding area with a clean cloth to stop the bleeding
- Do apply cold to the injured area to decrease swelling and bleeding.
- Do go to the emergency room if the bleeding doesn't stop.

### **Possible Broken Jaw**

- Don't move your jaw
- Do secure it in place by tying a handkerchief, necktie or towel around the jaw and over the top of your head.
- Do apply cold compressed if swelling is present.
- Do go immediately to a hospital emergency room for further evaluation.

For additional information on resources on key dental health questions; i.e. canker/cold sores, etc. visit the [American Dental Association](#) website.