

## TIPS FOR DENTAL EMERGENCIES

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Accidents do happen, and knowing what to do when one occurs can mean the difference between saving and losing a tooth.

### **Bitten Lip or Tongue**

Clean the area gently with a cloth and apply cold compresses to reduce any swelling. If the bleeding doesn't stop, go to a hospital emergency room immediately.

### **Broken Tooth**

Rinse your mouth with warm water to clean the area. Use cold compresses on the area to keep any swelling down. Call us immediately.

### **Jaw-Possibly Broken**

Apply cold compresses to control swelling. Call us or go to a hospital emergency department immediately.

### **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 us as quickly as possible. Remember to take the tooth with you!

### **Objects Caught Between Teeth**

Try to gently remove the object with dental floss; avoid cutting the gums. Never use a sharp instrument to remove any object that is stuck between your teeth. If you can't dislodge the object using dental floss, contact us.

### **Toothache**

Rinse your mouth with warm water to clean it out. Gently use dental floss or an interdental cleaner to ensure that there is no food or other debris caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth because it may burn the gum tissue. If the pain persists, contact us.