



# First Aid for Dental Emergencies



**TOOTHACHE**  
Clean the area around the sore tooth thoroughly. Rinse the mouth vigorously with warm salt water or use dental floss to dislodge trapped food or debris. **DO NOT** place aspirin on the gum or on the aching tooth. If face is swollen, apply a cold compress. Take acetaminophen (Tylenol) for pain and see a dentist as soon as possible.



**KNOCKED OUT PERMANENT TOOTH**  
1. Remain Calm  
2. Quick Action  
3. Keep Moist  
4. See a Dentist

Find the tooth. Handle the tooth by the top (crown), not the root portion. You may rinse the tooth, but **DO NOT** clean or handle the tooth unnecessarily. Try to reinsert it in its socket. Have the child hold the tooth in place by biting on a clean gauze or cloth. If you cannot insert the tooth, transport the tooth in a cup containing milk or water. See a dentist **IMMEDIATELY!** Time is critical factor in saving the tooth.



**BROKEN TOOTH**  
Rinse dirt from injured area with warm water. Place cold compress over the face in the area of the injury. Locate and save any broken tooth fragments. Immediate dental attention is necessary.



**BROKEN BRACES AND WIRES**  
If a broken appliance can be removed easily, take it out. If it cannot, cover the sharp or protruding portion with wax, cotton balls, gauze, or chewing gum. If a wire is stuck in the gums, cheek, or tongue, **DO NOT** remove it. Take your child to a dentist immediately. Loose or broken appliances which do not bother the child don't usually require emergency attention.



**CUT OR BITTEN TONGUE, LIP OR CHEEK**  
Apply ice to bruised areas. If there is bleeding, apply firm but gentle pressure with a clean gauze or cloth. If bleeding does not stop after 15 minutes or it can not be controlled by simple pressure, take the child to a hospital emergency room.

**OTHER EMERGENCY CONDITIONS**

**Possible Broken Jaw:**  
If a fractured jaw is suspected, try to keep the jaws from moving by using a towel, tie, or handkerchief, then take the child to the nearest hospital emergency room.

**Bleeding after Baby Tooth Falls Out:**  
Fold an 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 persists, see your dentist.

**Cold/ Canker Sores:**  
Many children occasionally suffer from "cold" or "canker" sores. Usually over-the-counter preparations give relief. Because some serious diseases may begin as sores, it is important to have dental evaluation if these sores persist.



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