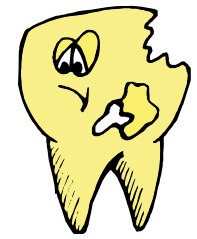


Dental Emergencies



What should you do?

A basic Guide to Dental First-Aid

Toothache - Rinse mouth with warm water. If swelling occurs, apply cold packs to outside of face. **DO NOT** apply aspirin or other medications directly to aching tooth. Go to a dentist.

Bleeding Gums - If gums are red, swollen or sore, rinse every two hours with a mixture of equal parts of water and hydrogen peroxide or with a warm salt water solution. If condition does not improve in a few days, see a dentist. Bleeding gums are often a sign of an unhealthy mouth. Be sure to brush and floss twice a day and visit a dentist every six months for a check-up.

Broken Or Dislocated Tooth - Clean injured area with warm water. If injured area begins to swell, apply cold packs to outside of face. See a dentist **immediately!**

Tongue Or Lip Bite - If bleeding, apply pressure with clean cloth. If swelling occurs, apply cold pack. If bleeding does not stop or if bite is severe, go to a hospital emergency room.

Broken Jaw - If you think the jaw is broken, **DO NOT** move the jaw. Wrap a scarf, handkerchief, tie, or towel around the head to keep the jaw from moving and go to a hospital emergency room **immediately!**

Knock Out Tooth - First, find the tooth. Place it in milk or water. Gently rinse the tooth but **DO NOT** scrub it! **DO NOT** wrap tooth in tissue! Go to the dentist with the tooth **immediately!**

Canker Or Cold Sores and Fever Blisters - For temporary pain relief, apply an over-the-counter cream/gel that has benzocaine. Benzocaine numbs the area. Follow directions on label. Avoid hot, spicy foods. A non-aspirin pill can be swallowed. **DO NOT** apply pill directly to sores. If sores do not heal within 7-14 days and/or signs of fever and pain persist, contact a dentist.

Pain From A New Tooth Appearing - Find the site and apply a cold pack to the outside of the face. A non-aspirin over-the-counter children's pain reliever can be swallowed (pill or liquid form). **DO NOT** apply pill directly on gums. An over-the-counter cream/gel that has benzocaine can also be used directly on the gums. Follow directions on medicine label. If pain continues, contact a dentist.

Objects Wedged Between Teeth - Carefully remove object from between teeth with dental floss. **DO NOT** remove sharp objects. If unable to remove or object is sharp, see a dentist **immediately!**

**If a dental emergency occurs, act fast!
Contact a dentist immediately!**



Revision 5/03



County of San Diego
Health and Human Services Agency



Brought to you by the U.S. Department of
Agriculture, and the California State De-
partment of Health Services Cancer Preven-
tion and Nutrition Section