Dental First Aid Kit
Make Your Own Dental First Aid Kit

Be prepared. You never know when a tooth injury may occur.

Supplies and their use:

Cotton balls, swabs, gauze, or wash cloth—Clean injury

Dental Floss, inter-dental cleaner, or toothpicks—Remove objects caught between teeth

Dental wax or paraffin—Reduce irritation to cheek/gums when placed on broken tooth or orthodontic wire

Dish towel, scarf, or tie—Keep broken jaw from moving when tied around jaw and top of head

Instant ice pack—Help reduce swelling

Exam gloves—Infection control

Non-refrigerated liquid milk in a box (ask your grocer), bottled water OR liquid tooth preserver (ask your pharmacist)—Carry and protect knocked out tooth

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TOOTHACHE

• Apply ice pack against outside of cheek if swelling occurs.

• **DO NOT** place aspirin on aching tooth or gum.

• Go to the dentist as soon as possible.
KNOCKED OUT PERMANENT TOOTH

- Find the tooth
- Handle the tooth only by the crown not the root
- If soiled, rinse gently with water. Do not scrub or remove any attached gum tissue
- If unable to reinsert, place tooth in milk, liquid tooth preserver or water
- Do not wrap tooth in tissue
- Take injured person and tooth to the dentist IMMEDIATELY!
Broken Tooth

Photos courtesy of Guy Lichty, DDS
BROKEN TOOTH

• Rinse mouth with warm water
• Apply ice pack against outside of cheek/lip if swelling occurs
• Call the dentist IMMEDIATELY!
Cut or Bitten Tongue, Lip or Cheek

Photos courtesy of Guy Lichty, DDS
CUT OR BITTEN TONGUE, LIP OR CHEEK

- Bruise or Swelling—apply ice pack to area
- Bleeding—apply firm but gentle pressure with gauze or clean cloth
- If bleeding doesn’t stop, take injured person to urgent care or emergency room

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Broken Braces and Wires

Photo courtesy of Guy Lichty, DDS

Photo courtesy of www.orthodonticsolution.com
BROKEN BRACES AND WIRES

- If broken brace/wire can be removed **EASILY**—take it out
- If unable to remove—cover sharp area with wax, cotton, gauze or soft chewing gum
- If wire is stuck into cheek, tongue or gum tissue—do not remove and GO TO DENTIST or ORTHODONTIST IMMEDIATELY!
Bleeding After Baby Tooth Falls Out

Photo courtesy of Guy Lichty, DDS

Bleeding After Baby Tooth Falls Out

Photo courtesy of Crest website: www.dentalcare.com

Bleeding After Baby Tooth Falls Out

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BLEEDING AFTER BABY TOOTH FALLS OUT

• Apply gentle, firm pressure on the bleeding gum with clean gauze or cloth
• See a dentist if bleeding persists

BLEEDING AFTER BABY TOOTH FALLS OUT

• Apply gentle, firm pressure on the bleeding gum with clean gauze or cloth
• See a dentist if bleeding persists
Broken Jaw
BROKEN JAW

- Do not move the jaw—fasten towel, scarf, tie, etc. around jaw and over the top of head
- Apply ice pack to control swelling
- Go IMMEDIATELY to hospital emergency room
Emergency Dental Information

Name: __________________, __________________ (last)        (first)

Authorized Person to Contact:
________________________________________
Relationship: _____________________________ Phone: (h) __________ (c) _____________

Dentist: _________________________________ Phone: ____________________________

Allergies: ________________________________
Emergency Dental Information

Name: ___________________, __________________ (last) (first)

Authorized Person to Contact: ____________________________
Relationship: ____________________________ Phone: (h)____ (c)____

Dentist: ________________________________ Phone: ____________________

Allergies: ________________________________

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