

First Aid for Dental Emergencies

FOOTHACHE

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 aching tooth. If the face is swollen, apply a cold compress. Take acetaminophen for pain and see a dentist as soon as possible.

Cut or Bitten Tongue, Lip or Cheek

Apply ice to the 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 cannot be controlled by simple pressure. Take the child to a hospital emergency room.

Knocked Out Permanent Tooth

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 reinsert the tooth, transport the tooth in a cup of milk or water. See a dentist IMMEDIATELY! Time is a critical factor in saving the tooth.

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 a cotton ball, gauze or chewing gum. If a wire is stuck in the gums, cheek or tongue, DO NOT remove it. Take the child to a dentist immediately. Loose or broken appliances, which do not bother the child, don't usually require emergency attention.

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 and pack 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 a 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 a dental evaluation if these sores persist.

Broken Tooth

Rinse dirt from the 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.