



DENTAL EMERGENCY GUIDE

Here are a few tips to handle dental emergencies when they arise. By being prepared, you can save your teeth, save yourself from pain, and help others do the same.

TOOTHACHES:

Adults - If you have a toothache, call your dentist right away. If your cheek or gum is Swollen, place a hot compress on the swollen area to draw the infection away.

If the swelling is from an accident and trauma, then place ice on the swollen Area. Take motrin or an Ibuprofen type medicine to help reduce the swelling.

Children – The same as above applies for children but also check to see if the hurting Tooth is a baby tooth. If it is then the swelling may be a new permanent tooth Trying to come in.

KNOCKED OUT TEETH:

Baby Teeth – If a baby tooth has been knocked out, then the key is to stop the bleeding. Rinse the area with warm water, and have your child bite down on clean Gauze or a wet tea bag to help reduce pain and swelling. Call your dentist Right away because missing or damaged baby teeth can cause problems for The permanent ones.

Permanent Teeth – If a permanent or Adult tooth has been knocked out, then see your Dentist within the hour to save it. Hold the tooth by the crown (biting part), Gently rinse it off (don't scrub!), and place it back in the mouth if possible and gently bite down on the tooth to hold it in place. If it's not possible to place the tooth back in the mouth, place the tooth in milk or saliva and see your dentist or go to the ER. Time is essential here – 30 to 60 minutes is the window to save the tooth!

BROKEN TEETH:

If a large piece of a tooth breaks off put the piece in a container of milk or saliva and call your dentist immediately. He may be able to restore the tooth. Sometimes it's just a matter of filing down the rough edges or putting in a filling or capping the broken tooth if necessary. Be aware of wearing a sports mouthguard to prevent sports injuries to your mouth.

CRACKED TEETH:

After an injury to the mouth, a tooth may appear dark as a result of bleeding and inflammation or because of a dead nerve in the center of the tooth. If this is a baby tooth, then the tooth may stay dark or even clear up before it is lost to the permanent tooth. If this is an Adult or permanent tooth, then the dark tooth will probably need a root canal. In either case, go to your dentist immediately and make sure an abscess is not developing which can be a painful and dangerous situation.

MOUTH MISHAPS:

Cuts on the tongue and lips can very scary and painful. **Rinse right away:** If you or your child has a bloody mouth, rinse out with warm salted water, then examine the area to locate the bleeding. The mouth has a lot of blood vessels and bleeds easily which can make it seem the injury is more serious than it actually is. **Apply pressure:** For a cut lip or tongue, gently put pressure on the wound with a clean piece of gauze. A cut gum is less serious, but hold a wet tea bag between your gum and cheek to help stop the bleeding. **See your doctor:** If the bleeding lasts longer than three minutes, go to your dentist or to the ER – stitches may be needed to prevent permanent scarring.

GOODBYE, BABY TEETH:

Around age 6, your child will start losing their baby teeth to make room for the permanent ones. Here's what to do once the tooth is hanging by a thread:

1. Ask your child whether he/she wants you to pull the tooth. If he says no, leave it alone.
2. If he gives you permission, have him rinse with mouthwash to clean and numb the area.
3. Wash your hands, and try to distract him with a song or a story.
4. Firmly grip the tooth, rotate it 360 degrees to break the remaining threads, and then pull it out.
5. If the area bleeds, have your child bite down on a wet tea bag or clean gauze.

Use this as a quick reference guide to be prepared to save your teeth or your child's teeth!

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