

## **Tips for Dealing with Dental Emergencies**

### **Bitten Lip or Tongue**

Clean the area gently with a cloth and apply cold compresses to reduce any swelling. If the bleeding doesn't stop, go to a hospital emergency room immediately.

### **Broken Tooth or filling**

Rinse your mouth with warm water to clean the area. Use cold compresses on the area to keep any swelling down. Call our office to make an appointment for an evaluation.

### **Knocked Out Permanent Tooth**

If possible, find the tooth. Hold the tooth by the crown and rinse off the root of the tooth in water if it's dirty. Do NOT scrub it or remove any attached tissue fragments. Inspect the tooth for fractures. If it is sound, gently insert and hold the tooth in its socket. Have the patient hold the tooth in place by biting on gauze. If you cannot reinsert the tooth, transport the tooth in a cup containing the patient's saliva or milk.

If the patient is old enough, the tooth may also be carried in the patient's mouth (beside the cheek). If there are other injuries (bleeding, cuts, lacerations, loss of consciousness, suspected jaw injury/fracture). Go to your hospital emergency room. If there are no other injuries, call the office emergency phone number.

### **Objects Caught Between Teeth**

Try to gently remove the object with dental floss; avoid cutting the gums. Never use a sharp instrument to remove any object that is stuck between your teeth. If you can't dislodge the object using dental floss, call our office for an appointment to evaluate the area.

### **Toothache**

Rinse your mouth with warm water to clean it out. Gently use dental floss or an interdental cleaner to ensure that there is no food or other debris caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth because it may burn the gum tissue. If the pain persists, call our office to make an appointment for an evaluation. If the face is swollen, apply cold compresses and contact the office emergency number. If the swelling is severe and you have difficulty swallowing or breathing, your eye is swollen or vision is blurred, go to your hospital emergency room.

### **Loose Temporary crown or Permanent Crown**

After your tooth is prepared for a crown, a plastic temporary crown is placed on your tooth to help protect it until the lab fabricated crown is cemented in place. It is very important for a temporary or lab fabricated crown to remain on the tooth. Avoid hard and chewy foods/candies (such as ice, hard candy, hard crusty bread/bagels, gum, taffy, caramels, etc.). These foods can break temporaries or pull temporaries off the prepared tooth. If your crown comes off or becomes loose. Please gently replace your crown back onto your prepared tooth. You cannot put the crown back incorrectly because it will only fit on the tooth one way. You can place a small amount of Vaseline or Fixodent denture adhesive inside the crown to help secure it in place. You may also check with your local pharmacy as their dental section may sell an over the counter temporary dental adhesive Call our office to make an appointment for an evaluation.

Bring the crown with you if you were not able to put it back on. Avoid chewing on that side of the mouth until your dental appointment Avoid really hot or really cold drinks or foods as that area may be more sensitive.

### **Broken Partial Denture or Complete Denture**

Call our office for an appointment. Bring the denture and any broken parts with you to the appointment. Do not attempt to superglue it yourself. This may prevent it from being repaired by the dental laboratory.

### **Partial Denture or Complete Denture Sore Spots**

Remove the appliance; make sure that it is clean and free of debris. Rinse your mouth with warm salt water four times a day. Call our office for an appointment to adjust the denture. If you recently had oral surgery, follow the post-operative instructions that were provided to you by the oral surgeon.