

How To Handle a Dental Emergency

<p>Toothache</p>	<ul style="list-style-type: none"> • Rinse out mouth with warm water. • Brush teeth carefully to remove any food trapped between teeth. Use floss if necessary. If there's swelling, place cold compresses on the outside of the cheek. Do not use heat or place aspirin on aching tooth or gums. • See dental professional as soon as possible.
<p>Object wedged between teeth</p>	<ul style="list-style-type: none"> • Try first to remove object by brushing teeth carefully. Use floss if necessary. Guide the floss carefully to prevent cutting gums. • If you can't remove the object, see a dental professional. • Do not try to remove the object with a sharp or pointed instrument.
<p>Knocked-out tooth</p>	<ul style="list-style-type: none"> • Place the tooth in a container of milk, salt water or the child's saliva. If these are unavailable, use plain water. • Take the child and tooth to a dentist immediately, within 30 minutes if possible. • If you are unable to get to the dentist immediately: <ul style="list-style-type: none"> – gently rinse the tooth in warm water. Do not touch the root. – Permanent tooth: carefully insert the tooth back in place. – Baby tooth: do not try to replace a baby tooth back into its socket. Place it in cold milk or water and take it with you to the dentist. • See your dentist within 30 minutes if possible.
<p>Broken tooth</p>	<ul style="list-style-type: none"> • Gently clean dirt or debris from injured area with warm water. • Place cold compresses on the face, in the area of the injured tooth, to minimize swelling. • Apply direct pressure to the bleeding area with a clean cloth. • Go to the dentist immediately.
<p>Bitten lip or tongue</p>	<ul style="list-style-type: none"> • Apply direct pressure to the bleeding area with a clean cloth. • If swelling is present, apply cold compresses. • If bleeding continues, go to a hospital emergency room.

HEALTH WATCH

In case of injury...

- Keep calm and always be reassuring to the child.
- Stop or control any bleeding (by applying pressure).
- Notify parents or caregiver.
- Child should see a dentist to check the tooth or injured area.