

# Dental Emergencies

Dental emergencies can be a result of trauma to the head, jaw, and mouth, as well as through sports related injuries, dental decay and infection.



## Call 911 or Go to the Hospital

- Trouble breathing or swallowing
- Mouth continuously fills with blood
- Limited ability to open the jaw
- Swelling under the jaw

With a facial injury it is important to look for signs of other injuries, such as spinal injury, concussion, and eye injury.

## Call a Dentist

- A tooth gets chipped, broken or knocked out
- Area is painful to touch
- An object is stuck in the tongue, cheek, roof of mouth, or in the throat



## Toothache /Abscess

- See a dentist, even if pain goes away
- Apply cold compresses to help relieve pain and swelling
- Take pain medicine such as ibuprofen or acetaminophen
- Do not apply aspirin directly on the tooth or surrounding mouth area. It will burn the tissues.



## Safety Tip

**Always use a mouth guard to protect your teeth from sports related injuries**

## Injuries – What to do

### **Suspected Broken Jaw**

Go to hospital immediately. Wrap jaw with bandage, tie, scarf, or towel. Do not close off airway. Apply cold compresses to reduce swelling, and have a cup to drool or spit into.

### **Injury To Gums, Cheek, Tongue**

Go to the dentist or hospital emergency immediately. Apply direct pressure for 10 minutes with clean cloth or gauze to stop bleeding. Sit upright. Apply cold compresses. If there is an embedded object do not remove.

### **Knocked Out Baby Tooth**

Call a dentist immediately. Do not put baby tooth into the socket as this may damage the adult tooth bud. Place tooth in a container of cold cow's milk and bring it to the dentist.

### **Knocked Out Adult Tooth**

Call a dentist immediately, treatment is time sensitive. Pick up tooth by the crown to avoid damage to the ligaments. Do not scrub to clean; rinse gently with cool water. Place tooth in a container of cool milk and bring it to the dentist. Put tooth into socket and hold in place or put tooth into container with cold cow's milk as alternative. Do not put back in socket if there is a chance the individual may swallow or inhale the tooth. The sooner the tooth is replaced, the more likely it will reattach. If there is bleeding rinse mouth with water and place tissue or gauze on the opening.



Bite down to keep pressure on the area to help stop the bleeding.

### **Tooth Knocked Out Of Position**

Call a dentist immediately. They will be able to determine the extent of the injury. If the tooth isn't too badly displaced they may be able to move it back into place to preserve the tooth, but a root canal may be required as the pulp inside could be damaged. For badly displaced teeth a dentist may splint the tooth in place.

### **Broken Chipped Tooth Or Lost Filling**

Call a dentist immediately and explain what happened. The tooth can almost always be saved. Rinse broken piece(s) with water and put in a bag to bring to your appointment. If the tooth in your mouth has sharp areas cover with a piece of paraffin wax.

### **Object Stuck Between Teeth**

Go to dentist if you cannot get object out. Try to remove gently with waxed dental floss or floss and a floss threader. Do not use a sharp object such as pins, needles, or tweezers. You may cut the gums or damage the tooth surface.