



# BE PREPARED

TO HANDLE ANY DENTAL EMERGENCY

## Broken Tooth



- Save any pieces of the tooth you can.
- Rinse mouth out with warm salt water.
- Apply a cold compress to reduce swelling.

**Call us right away!**

## Knocked-Out Tooth



- Retrieve tooth; hold it by the crown.
- Rinse carefully with water (do not scrub).
- If possible, place the tooth back in place (do not force it).

**PLEASE NOTE:** Only put the tooth back in the socket if it's a broken restoration. Do not do this for the actual tooth. This helps preserve the tooth until you can get to the dentist.

- If it's not possible to reinsert, put the tooth in a small sealed container with milk.

**Call us right away!**

*Teeth have the highest chances of being saved if they can be returned to the socket within 1 hour of being knocked out.*

## Severe Pain and/or Swelling



- Rinse thoroughly with warm salt water.
- If possible, floss gently.  
*Lodged food particles may cause irritation and pain.*
- Apply a cold compress.

**Call us right away!**

**PLEASE NOTE:** It is not normal for your teeth to hurt or be sensitive (even the slightest to both hot and cold). This is a sign of a major problem. Contact your dentist as soon as possible. A sudden toothache and/or swelling may be caused by an abscess or exposed nerve.

## Bleeding Soft-Tissue Injury (Tongue, Cheeks, Gums, or Lips)



- Rinse with warm salt water.
- Use moistened gauze (or a tea bag) to apply pressure to the bleeding area.  
*Hold in place for 15-20 minutes*
- Hold a cold compress to the affected area to control bleeding and relieve pain.  
*Continue to apply pressure until bleeding subsides*

**If the bleeding doesn't stop, call us right away or go to the emergency room.**

**PLEASE NOTE:** It is not normal for your gums to bleed. Signs of bleeding mean you need to see the dentist.

## SIMPLE PRECAUTIONS TO AVOID DENTAL EMERGENCIES

- ➔ Wear a mouthguard when participating in sports.
- ➔ Avoid chewing ice, popcorn kernels, hard candies, and other foods that could cause damage.
- ➔ Brush and floss regularly to maintain strong, healthy teeth.

IN ANY EMERGENCY BE SURE TO CALL US IMMEDIATELY.



(914) 683-5203 | [www.dentalgroupofwestchester.com](http://www.dentalgroupofwestchester.com)

**Sources:**

<http://www.webmd.com/oral-health/guide/handling-dental-emergencies>

<http://www.everydayhealth.com/dental-health/you-and-your-dentist/dental-911.aspx>

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