TIPS AND TRICKS
DENTAL FIRST AID

Toothache
- Clean the area around the tooth thoroughly
- Rinse the mouth with warm salt water or use dental floss to dislodge trapped food
- DO NOT place aspirin on the gum or on the aching tooth
- Children should be given Tylenol or Motrin for pain instead of aspirin
- See a dentist as soon as possible

Cut or Bitten Tongue, Lip, Cheek
- Apply ice to the bruised area
- If there is bleeding, apply firm, gentle pressure with clean gauze or cloth
- If bleeding does not stop after 15 minutes or it cannot be controlled by simple pressure go to the nearest emergency room

Knocked-Out Permanent Tooth
- Find the tooth, and handle it by the top, NOT the root
- It is ok to rinse the tooth, but DO NOT clean or handle the tooth unnecessarily
- Try to reinsert the tooth in its socket
- Have the child hold the tooth in place by biting on clean gauze or cloth
- If it cannot be reinserted, transport it in a container of milk
- See a dentist IMMEDIATELY
- Permanent teeth can be saved
- DO NOT try to re-implant baby teeth

Broken Tooth
- Rinse dirt from injured areas with warm water
- Place cold compress over the face in the area of the injury
- Locate and save any broken tooth fragments
- See a dentist IMMEDIATELY

Bleeding After Baby Tooth Falls Out
- Fold and pack clean gauze or cloth over the bleeding area
- Have the child bite on gauze with pressure for 15 minutes
- This may need to be repeated once, if bleeding persists, see a dentist

Cold/Canker Sores
- Many children occasionally suffer from cold or canker sores
- Usually over the counter products give relief
- See a dentist if sores persist