


# TIPS AND TRICKS


## DENTAL FIRST AID KIT


### Dental First Aid Supply Kit Contents


- \* Gloves, (should be worn during any oral exam)
- \* Mask, (if blood splatter is possible)
- \* Eyewear, (if blood splatter is possible)
- \* 2"x 2" Sterile Gauze Squares
- \* Flashlight
- \* Tongue Blade
- \* Ice Pack
- \* Saline Solution
- \* Orthodontic Wax
- \* Tea Bags
- \* Toothbrushes
- \* Dental Floss





 Remember to ALWAYS wash your hands BEFORE and AFTER wearing gloves.

 Wear gloves when examining the mouth.

 Toothbrushes are a good addition to your kit and dental floss can be used to dislodge food particles wedged between teeth.

 Medications cannot be used in most schools without written consent by a parent or guardian and often need to be signed by a physician or dentist.

 For oral trauma you need to check for tooth fragments or knocked out teeth in the mouth, lip, and cheek areas.

 For soft tissue injuries, apply a cold compress to minimize swelling. 10 minutes ice on, 5 minutes ice off the injury site. Repeat if needed.



### Emergency Telephone Numbers for Dental First Aid Supply Kit

- \*  Dentist
- \* Doctor
- \* Emergency Contact



Oral Health Kansas 2009  
[www.oralhealthkansas.org](http://www.oralhealthkansas.org)