

## What To Do If You Have a Dental Emergency

Any dental emergency like an injury to the teeth or gums can be potentially serious and should not be ignored. Here are some tips of **what to do for some common dental emergencies** before you can get to the dentist's:



### TOOTHACHES

- Thoroughly rinse your mouth with warm water.
- Use dental floss to remove any lodged food.
- If your mouth is swollen, apply a cold compress to the outside of your mouth or cheek.
- Never put aspirin or any other painkiller against the gums near the aching tooth because it may burn the gum tissue.

### CHIPPED OR BROKEN TEETH

- Save any pieces.
- Rinse the mouth using warm water; rinse any broken pieces.
- If there's bleeding, apply a piece of gauze to the area for about 10 minutes or until the bleeding stops.
- Apply a cold compress to the outside of the mouth, cheek, or lip near the broken/chipped tooth to keep any swelling down and relieve pain.

### KNOCKED OUT TOOTH

- Retrieve the tooth, hold it by the crown (the part that is usually exposed in the mouth), and rinse off the tooth root with water if it's dirty.
- Do not scrub it or remove any attached tissue fragments.
- If possible, try to put the tooth back in place. Make sure it's facing the right way. Never force it into the socket.
- If it's not possible to reinsert the tooth in the socket, put the tooth in a small container of milk (or cup of water that contains a pinch of table salt, if milk is not available) or a product containing cell growth medium, such as Save-a-Tooth.
- In all cases, see the dentist as quickly as possible.

### LOST CROWN

- If the crown falls off, make an appointment to see the dentist as soon as possible and bring the crown with you.
- If you can't get to the dentist right away and the tooth is causing pain, use a cotton swab to apply a little clove oil to the sensitive area (clove oil can be purchased at your local drug store or in the spice aisle of your grocery store).
- If possible, slip the crown back over the tooth. Before doing so, coat the inner surface with an over-the-counter dental cement, toothpaste, or denture adhesive, to help hold the crown in place. Do not use super glue!

### ABSCCESS

- Abscesses are infections that occur around the root of a tooth or in the space between the teeth and gums. Abscesses are a serious condition that can damage tissue and surrounding teeth, with the infection possibly spreading to other parts of the body if left untreated.
- Because of the serious oral health and general health problems that can result from an abscess, see the dentist as soon as possible if you discover a pimple-like swelling on your gum that usually is painful.
- In the meantime, to ease the pain and draw the pus toward the surface, try rinsing your mouth with a mild salt-water solution (1/2 teaspoon of table salt in 8 ounces of water) several times a day.



**Please call us right away (510) 832-3713 to schedule your emergency visit.**