



# A QUICK GUIDE FOR DENTAL EMERGENCIES FOR ADULTS



## **TOOTHACHE**

Clean the area around the tooth that hurts. Use toothbrush or floss to remove any food/object trapped between teeth. Rinse the mouth with warm salt water. Apply a cold compress if face is swollen. Take over-the-counter pain reliever (i.e. Tylenol), but do NOT apply it directly to teeth or gums. See your dentist as soon as possible.



## **BROKEN TOOTH**

Clean the injured area gently with warm water, rinse away any dirt. Apply a cold compress over the face to minimize swelling. Find the broken piece, place in a cup of water, and see your dentist immediately.



## **KNOCKED-OUT TOOTH**

Find the tooth and grab it by the crown (top). Rinse any dirt with cool water, but do not touch or wipe the root. Try to insert the tooth in its socket, and bite down on a clean gauze or cloth to hold it in place. If you cannot reinsert the tooth, place in a cup of milk or water and see your dentist within 1 hour if possible. There is a very short window of time to save the tooth.



## **BITTEN LIP/TONGUE**

Apply ice or cold compress to bruised/swollen area. If there is bleeding, apply pressure with a clean gauze or cloth. If bleeding does not stop after 15 minutes, get to an Emergency Room.



## **COLD/CANKER SORES**

Apply over-the-counter preparations such as Orajel for pain relief. Rinse/swish with warm salt water or mouthwash every night until condition is improved, and replace toothbrush. See your dentist if sores persist.



## **BROKEN JAW**

If a jaw is fractured and suspended, wrap a towel or handkerchief around the head to keep the jaw from moving. Get to an Emergency Room immediately.



## **SOURCES**

American Dental Association (ADA)