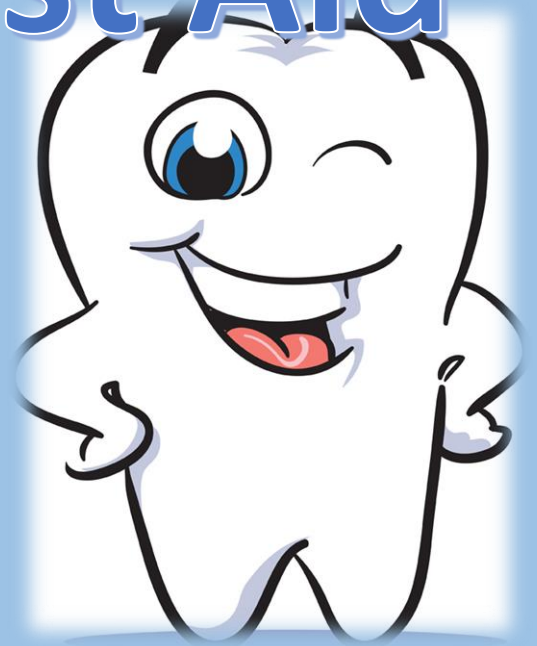


# Dental First Aid

## 1. Toothache

1. Clean the area around the sore tooth.
2. Rinse the mouth with warm salt water.
3. Use floss to remove trapped food.
4. If face is swollen, apply cold to reduce swelling.
5. Take Tylenol to relieve pain.
6. Do NOT place aspirin on gum or aching tooth.
7. See a dentist as soon as you can for persistent pain.



## 2. Cut or Bitten Lip, Tongue, Lip, or Cheek

Apply ice to bruised, swollen areas. Make sure to use a barrier (like a towel) between the ice and the skin.

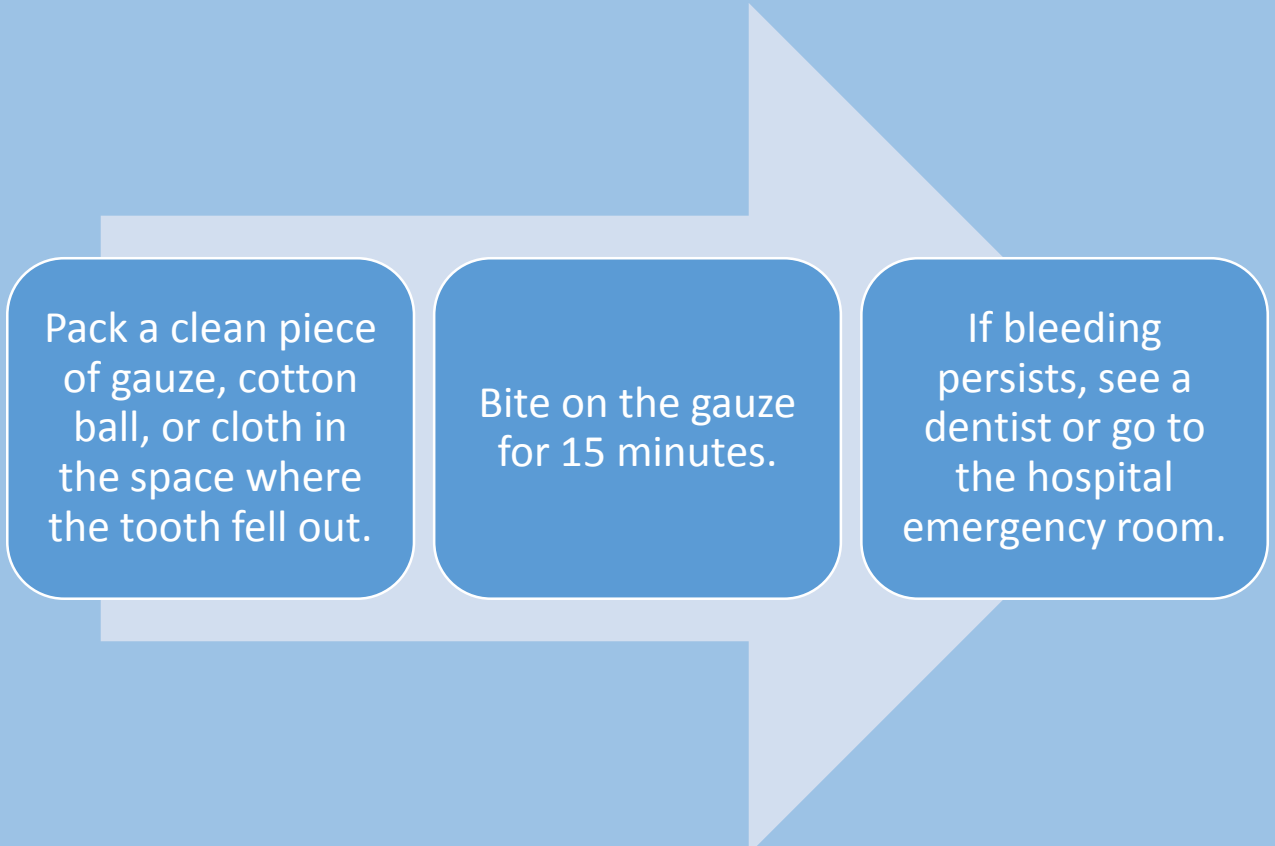
If there is bleeding, apply pressure with clean gauze or cloth.

If bleeding does not stop after 15 minutes of applied pressure, go to the hospital emergency room as soon as possible.

### 3. Knocked Out Permanent Tooth

1. Find the tooth. Pick the tooth up and carry it by the crown (hard part), not by the root.
2. You can rinse the tooth with water, but do not clean the tooth with anything, and handle the tooth with care.
3. Try to reinsert the tooth into the empty socket.
4. If you can reinsert it, hold it in place by biting on a pad of clean gauze, a cotton ball, or a piece of cloth.
5. If you cannot reinsert it, put the tooth in a cup of milk or water.
6. In either case, see the dentist immediately, ideally within 30 minutes.

### 4. Bleeding After Baby Tooth Falls Out



Pack a clean piece of gauze, cotton ball, or cloth in the space where the tooth fell out.

Bite on the gauze for 15 minutes.

If bleeding persists, see a dentist or go to the hospital emergency room.

## 5. Broken Wires or Braces

1. If a broken wire is loose and can be taken out, remove it to avoid hurting the inside of the mouth. See an orthodontist to fix the problem broken piece.
2. If it cannot be removed, cover the broken piece with cotton balls, gauze, or even chewing gum. It is important to cover it, so it does not cause damage to the inside of the mouth. Then see an orthodontist as soon as possible.
3. If the wire is stuck in the cheek or tongue, do NOT remove it. Go to a dentist or orthodontist immediately.
4. If the broken piece is not hurting the mouth, then it does not require immediate attention, but make an appointment with the orthodontist as soon as possible to fix the broken piece. The broken piece could still cause a problem later on.



## 6. Broken Tooth

If a tooth is broken, find the broken piece and rinse off with warm water.

If there is any swelling or pain in the face or gums, place a cold compress on the area.

Save the broken tooth by wrapping in wet cloth, and see the dentist immediately.

## **7. Cold/Canker Sores**

1. These can usually be treated with over the counter medicines.
2. If sores continue to come back, last a long time, or do not go away, see a doctor. These sores can be signs of a serious disease.