







DENTAL FIRST AID



Dental Concerns For Children

Follow the instructions below when your child has a dental problem. In all cases, reassure your child with quiet words and soothing touch.

Toothache 	Clean the area all around the tooth. Use dental floss to remove trapped food. Check the sore tooth for brown spots or chips in the tooth. Follow your doctor's instructions when giving pain reliever like children's Tylenol (acetaminophen) or children's Motrin (ibuprofen). DO NOT place aspirin on the gum or on the sore tooth. If tooth is broken, discolored or the pain continues, see a dentist.
Cut or bitten tongue, lip, or cheek 	Apply ice to bruised areas. If there's bleeding, apply firm, gentle pressure with a clean cloth. If bleeding does not stop after 15 minutes or it cannot be controlled by simple pressure, call your doctor or dentist for advice.
Broken Tooth 	Rinse dirt from mouth with warm water. Place cold cloth over the area of the injury. Call dental office to see if dentist needs to see your child right away.
Bleeding after baby tooth falls out 	Fold and press a clean cloth over bleeding area. Have child bite down for 15 minutes. Repeat one more time if there is still bleeding. If bleeding does not stop, see a dentist. If the baby tooth is knocked out, DO NOT put it back in as this could hurt the adult tooth that is forming under the gums.
Cold/ Canker Sores 	Many children sometimes suffer from "cold" or "canker" sores. Usually over-the-counter medicine helps. If these sores last longer than 2 weeks, take your child to the dentist.
Swollen Jaw 	Swelling can be serious. See a dentist as soon as possible. Follow your doctor's instructions when giving over the over the counter pain reliever like children's Tylenol (acetaminophen) or children's Motrin (ibuprofen).