

# TIPS AND TRICKS

## DENTAL FIRST AID

### Toothache



- \* Clean the area around the tooth thoroughly
- \* Rinse the mouth with warm salt water or use dental floss to dislodge trapped food
- \* DO NOT place aspirin on the gum or on the aching tooth
- \* Children should be given Tylenol or Motrin for pain instead of aspirin
- \* See a dentist as soon as possible



### Cut or Bitten Tongue, Lip, Cheek



- \* Apply ice to the bruised area
- \* If there is bleeding, apply firm, gentle pressure with clean gauze or cloth
- \* If bleeding does not stop after 15 minutes or it cannot be controlled by simple pressure go to the nearest emergency room



### Knocked-Out Permanent Tooth



- \* Find the tooth, and handle it by the top, NOT the root
- \* It is ok to rinse the tooth, but DO NOT clean or handle the tooth unnecessarily
- \* Try to reinsert the tooth in its socket
- \* Have the child hold the tooth in place by biting on clean gauze or cloth
- \* If it cannot be reinserted, transport it in a container of milk
- \* See a dentist IMMEDIATELY
- \* Permanent teeth can be saved
- \* DO NOT try to re-implant baby teeth



### Broken Tooth



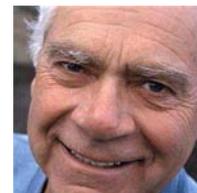
- \* Rinse dirt from injured areas with warm water
- \* Place cold compress over the face in the area of the injury
- \* Locate and save any broken tooth fragments
- \* See a dentist IMMEDIATELY



### Bleeding After Baby Tooth Falls Out



- \* Fold and pack clean gauze or cloth over the bleeding area
- \* Have the child bite on gauze with pressure for 15 minutes
- \* This may need to be repeated once, if bleeding persists, see a dentist



### Cold/Canker Sores



- \* Many children occasionally suffer from cold or canker sores
- \* Usually over-the-counter products give relief
- \* See a dentist if sores persist

