



ORAL HEALTH KANSAS

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Tips and Tricks: **Dental First Aid Kit**



During childhood, injuries to mouth or teeth are common. Having the right first aid supplies on hand will help you treat injuries before going to a dentist.

Types of Injuries

- Bruised and cut lips
- Toothaches
- Chipped teeth
- Loose teeth
- Knocked out teeth
- Cold sores
- Canker sores
- Swollen jaw

Dental First Aid Kit Supplies

- 2" x 2" Sterile Gauze Pads
- Tongue Blade
- Instant Cold Pack
- Saline Solution
- Tea Bag (in place of gauze for prolonged bleeding)
- Toothbrush
- Dental Floss
- Dental Wax (for sores caused by braces)
- Disposable gloves
- Pen light or Flashlight



Before giving first aid, be sure to have clean hands and reassure the child with quiet words and a soothing touch.



Guidance for giving first aid

Download the Dental First Aid chart for guidance on how to treat a variety of oral injuries.

www.saavsus.com/teeth-for-tots-supplemental-handouts