

FIRST AID FOR DENTAL EMERGENCIES

Oral Pain/ Toothache

Oral pain can come from a variety of different sources: canker sores, hot/cold stimulus, a filling left too high, a cavity or infection, or trauma. Tylenol and Ibuprofen (use appropriate dose) are very effective at relieving dental pain. Clean the area of the toothache thoroughly. A vigorous warm salt water rinse or floss should dislodge any impacted food or debris. A cold compress may be helpful.



Knocked out permanent tooth

Handle the tooth carefully by holding the crown. Avoid touching the root and gently remove dirt and debris by rinsing the tooth without scrubbing. Using gentle finger pressure, re-insert the tooth into the empty tooth socket. If re-insertion is not possible, place the tooth in cold milk or saliva. Do not allow the tooth to dry out in transit to the office. It is critical for the survival of the tooth that it stays moist. Call the dentist immediately! Remember if it's a baby tooth we do not need to reimplant the tooth.



Broken tooth

A fracture that involves more than just the outer layer of the tooth needs to be addressed right away! Gently clean the area with a warm washcloth. Locate and save any pieces of the fractured tooth. Call the dentist immediately.



Cut or Bitten Tongue, Lip or Cheek

Apply firm but gentle pressure with cotton gauze or cloth to any area that is bleeding. If bleeding cannot be controlled with pressure, bring your child to the dentist or the hospital emergency room. For bruises, place a cold compress on the affected area.



Swelling

Swelling is generally a sign of an infection. It may appear as a painless small bump on the gums above the tooth or it can involve swelling that extends to the outside of the mouth. Call the office to determine how urgently your child needs to be seen.

Broken braces, wires, and retainers

If the broken appliance can be easily removed, then take it out of the mouth. But do not throw it away! If unable to remove, place cotton gauze, wax, or soft chewing gum over any sharp edges. Call the dentist or orthodontist to have the problem fixed.



Cold/Canker Sores

Canker sores can be uncomfortable and can make eating and talking difficult. They usually resolve on their own in 7-10 days without treatment. Warm salt water rinses and a preparation available through your dentist can provide temporary relief. It is important to have a dental evaluation if these sores persist, or if the child is having difficulty eating and drinking.

Please call the office so we can address your specific concerns and make an appointment if appropriate:

Sona J. Isharani, DDS

Board Certified Pediatric Dentist
Pediatric Dentistry with a Mother's Touch

Remember to establish
your child's dental home
BY AGE 1!!

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