

# HOW TO HANDLE DIFFERENT DENTAL EMERGENCIES



In general, if you have experienced a dental emergency, the first steps you should take are...

1. Rinse your mouth out with a warm saltwater solution
2. Take a O-T-C pain medication to relive swelling and pain
3. Hold a cold pack or ice up to the side of your cheek to reduce pain and swelling.

## Chipped your tooth?

If you chipped your tooth the first thing to do is look for any pieces that you may have lost. Next, rinse out your mouth with warm water. If you are bleeding hold gauze to the area to stop it. Store the broken pieces of your tooth in cup of milk, or your own saliva and bring them with your to the dentist as soon as possible.



## Knocked out your tooth?

If you have knocked out a tooth, you are definitely experiencing a dental emergency that needs attention ASAP. The first thing to do is to stop any bleeding. Save your tooth if you can find it. Try to put it back into place or store it in a cup of milk or saliva. Do this by holding it by the tooth's crown and avoid touching its roots. Get in contact with a dentist near you, to restore your missing tooth professionally.



## Broke your braces, brackets, or wires?

If a part of your braces, or orthodontic appliance breaks off the first thing to do is attempt to adjust it so that it is not causing you any discomfort. If you cannot adjust it, use a cotton swab or wax to cover the area so that you are not in pain while waiting to see your dentist. Never attempt to cut or remove brackets and wires. This can result in undoing your orthodontic treatment progress or causing unnecessary issues or damage.

