



**A+ Dental Call (972)-380-4300**

### **Knocked-Out Tooth**

Hold the tooth by the crown, and gently rinse off the root of the tooth in water if it is dirty. Do not scrub it or remove any attached tissue fragments. If possible, gently reinsert and hold the tooth in its socket. If that is not possible, place the tooth in a cup of milk. The sooner you can do any of these things, the better because it helps keep the small attachment fibers on the root of the tooth alive. Try to get to the dentist within an hour, if you can. Don't forget to bring the tooth with you!

### **Toothache**

Rinse the mouth with warm water to clean it out. Use dental floss to remove any food that may be trapped between the teeth. Never put an aspirin on the aching tooth or gum tissue. See your dentist as soon as possible. Over the counter pain relievers may be used, but in moderation and never for longer than a week.

### **Broken Tooth:**

Rinse the mouth with warm water to keep the area clean. Put cold compresses on the face to reduce swelling. See your dentist immediately.

### **Bitten Tongue or Lip**

Clean the area gently with a cloth, and place cold compresses to keep the swelling down. If bleeding is excessive or does not stop in a short period of time, go to your dentist or hospital emergency room.

### **Objects Caught Between Teeth**

Gently try to remove the object with dental floss. If you are not successful, go to the dentist. Do not try to remove the object with a sharp or pointed instrument.

### **Possible Broken Jaw**

Apply a cold compress to the face to control swelling. Go to your dentist or hospital emergency room immediately.

Source: American Dental Association