



# Dental Emergency!

Keep this in an easy-to-find place,  
along with other first-aid information

## Toothache

- Rinse mouth with warm water.
- Use dental floss to remove any food trapped between teeth.
- If there is swelling, apply cold compresses to the outside cheek.
  - **Do not** use heat or place aspirin on aching teeth or gums.
  - See a dental professional as soon as possible.

## Knocked-out Tooth

- Apply direct pressure to the bleeding area for about 20 minutes.
  - Go to your dental professional immediately.
  - Gently rinse the tooth in warm water.
- If a permanent tooth, gently insert into socket or if this is not possible, place tooth in cold milk or water and bring it with you to the dentist.

## Broken Tooth

- Gently clean dirt or debris from the area with warm water.
- Apply cold compresses to face to minimise swelling.
- Apply direct pressure to the area with a clean cloth.
  - Go to your dental professional immediately.

## Bitten Lip or Tongue

- Apply direct pressure to the bleeding area with a clean cloth.
  - If swelling is present, apply cold compresses.
- If bleeding continues, go to a hospital emergency room.



Dentist/Hospital Info

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