

THE CHATTER

Oral Health Advice from Delta Dental of Arkansas

Do you know what to do in a dental emergency?

Accidents happen. Knowing what to do when one occurs can mean the difference between saving and losing a tooth.

Tips for common dental emergencies.



Knocked-out permanent/adult tooth.

Keep it moist. If you can, place the tooth back in the socket without touching the root. If that's not possible, place it between your cheek and gums, or in milk.



Cracked tooth.

Rinse your mouth with warm water. Put cold compresses on your face to keep swelling down.



If you bite your tongue or lip.

Clean the area gently with water and apply a cold compress.



Toothache.

Rinse your mouth with warm water. Gently use dental floss to remove any food between the teeth.



Object stuck in your mouth.

Gently remove with dental floss. DO NOT try to remove with sharp or pointed objects.

Know who to call.

Make sure you know where to find emergency dental care in your area before you need it. Research which clinics offer after-hours care and keep the number in an easy-to-find place.



Download our **Dental Emergency Guide** and post it to your fridge for babysitters and family members!

