

*Ask your
Dentist!*

*“What do
I do in a dental
emergency?”*



The wearing of a properly fitted, professionally made mouthguard can greatly reduce the chances of sustaining a dental injury while playing sports. However, many dental emergencies occur outside of sports, especially during childhood years. Falls are common in children between the ages of two to ten, and knowing what to do in a dental emergency is important.

What if a tooth gets knocked out?

A tooth that's knocked out on the ground might be dirty, but should only be rinsed gently in cool water – not scrubbed clean! Gently replace the knocked out tooth in its socket and hold it carefully in place. If this can't be done, either tuck it beneath the tongue or in a small container of saline. It's very important to get to the dentist quickly (within 30 minutes if possible) as the chance of successfully re-implanting the tooth reduces as time passes.

What about a toothache?

Try using dental floss to dislodge any food trapped around a tooth that is aching, or rinse with warm water. Take over-the-counter pain medication, but never place an aspirin directly on the tooth or gum as it can cause tissue damage. Contact your dentist right away.

How can I treat a bitten lip or tongue?

Direct pressure with a clean cloth should help slow the bleeding. Cold compresses will ease any swelling. If the injury is severe, go right away to the local hospital emergency room or contact your family physician or dentist.

What should I do if an accident breaks a tooth?

If the accident was the result of a fall, very gently clean any dirt or debris from the injured area by rinsing with warm water. Contact your dentist as soon as possible to have your condition assessed.

Is there anything I should do to remove something stuck between my teeth?

Dental floss, used carefully to avoid cutting the gum, is the best way to try and remove an object lodged between two teeth. Never attempt it with a sharp or pointed instrument. If unsuccessful, contact your family dentist.



*Information courtesy of
your dentist and the
Nova Scotia Dental Association
www.healthyteeth.org*