

# Dental First Aid



## Knocked Out Permanent Teeth



- Find the tooth and handle it by the tip, NOT the root.
- Permanent teeth can be saved, but DO NOT try to reimplant baby teeth.
- It is OK to rinse the tooth, but DO NOT clean or handle the tooth unnecessarily.
- Try to reinsert the tooth in its socket.
- Have the child hold the tooth in place by biting on clean gauze or cloth.
- If it cannot be reinserted, transport in a container of milk.
- See a dentist IMMEDIATELY.

## Cut or Bitten Tongue, Lip, Cheek

- Apply ice to the bruised area.
- If there is bleeding, apply firm, gentle pressure with clean gauze or cloth.
- If bleeding does not stop after 15 minutes or it cannot be controlled by simple pressure, go to the nearest emergency room.
- See a dentist as soon as possible.

## Broken Tooth

- Rinse dirt from the injured area with warm water.
- Place a cold compress over the face in the area of the injury.
- Locate and save any broken tooth fragments.
- See a dentist IMMEDIATELY.

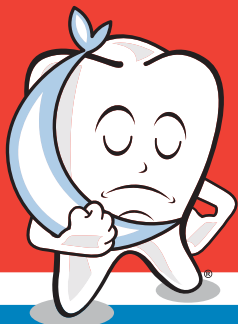


## PARENTS:

Be sure your child gets the dental care they need. Sign up your child online for dental care at school at [www.MySchoolDentist.com](http://www.MySchoolDentist.com), or call: **855.481.8638**.



## Toothache



- Clean the area around the tooth thoroughly.
- Rinse the mouth with warm salt water or use dental floss to dislodge trapped food.
- DO NOT place aspirin on the gum or on the aching tooth.
- Children should be given Tylenol® or Motrin® for pain instead of aspirin.
- See a dentist as soon as possible.

## Bleeding After Baby Tooth Falls Out

- Fold and pack clean gauze or cloth over the bleeding area.
- Have the child bite on gauze with pressure for 15 minutes.
- This may need to be repeated once.
- If bleeding persists, see a dentist.

## Broken Braces and Wires

- If broken appliance can be removed easily, take it out.
- If not, cover sharp or protruding portion with cotton ball, gauze or soft chewing gum.
- If a wire is stuck in the cheek, gums or tongue, DO NOT remove and see a dentist IMMEDIATELY.



## Cold/Canker Sores

- Many children occasionally suffer from cold or canker sores.
- Usually, over-the-counter products give relief.
- See a dentist if sores persist.

[www.MySchoolDentist.com](http://www.MySchoolDentist.com)  
Smile New York Outreach

Questions? **855.481.8638**

