

DENTAL EMERGENCY!

Different situations call for different action. Be sure to keep it in an accessible place, along with other first aid information and supplies.

Emergency	WHAT TO DO?
Toothache	<ul style="list-style-type: none"> ■ Rinse out mouth vigorously with warm water ■ Use dental floss to remove any food trapped between teeth. If there's swelling, place cold compresses on the outside of the cheek. Do not use heat or place aspirin on aching tooth or gums. ■ See dentist as soon as possible.
Object Wedged Between Teeth	<ul style="list-style-type: none"> ■ Try to remove object with dental floss. Guide the floss carefully to prevent cutting gums. ■ If you can't remove the object, see a dentist. ■ Do not try to remove the object with a sharp or pointed instrument.
Knocked-out Tooth	<ul style="list-style-type: none"> ■ If the tooth is dirty, rinse it gently under running water. Do not scrub it. ■ Do not try to pack a baby tooth back in the socket. Place in cool milk or water. ■ For a permanent tooth, gently insert in its socket. If this isn't possible, place the tooth in a container of milk or cool water. ■ Immediately, go to your dentist. ■ Don't forget to take the tooth with you!
Broken Tooth	<ul style="list-style-type: none"> ■ Gently clean dirt or debris from injured area with warm water. ■ Place cold compresses on the face, in the area of the injured tooth, to minimize swelling. ■ Go to the dentist immediately! ■ Apply direct pressure to the bleeding area with a clean cloth.
Bitten Lip or Tongue	<ul style="list-style-type: none"> ■ 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.



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