



DENTAL EMERGENCY TIPS

**If possible, for any dental problem, the first step is to call our office:
Phone 205.621.5304**

Following are a few tips for common dental emergencies. We recommend that you print these and keep them handy in your home first aid kit.

- If you call after business hours, we will provide information on how to reach Dr. Zanthos.
- If you are unable to reach us or are out of the area, the hospital emergency room can offer assistance in dental emergency situations.

First Aid for Common Dental Emergencies:

Baby tooth knocked out – If a baby tooth is knocked out, wrap the tooth in a damp gauze or paper towel moistened with water and call our office for instructions.

Permanent tooth knocked out - If a permanent tooth is knocked out, speed in response is important:

- Find the tooth and rinse it gently in cool water – do not scrub the tooth or use soap or other chemicals. Try to hold it by the crown and not the root tip.
- If possible, try to place the tooth back in the socket and hold it in place with clean gauze or wash cloth, or, tuck it into the cheek. If this is not possible, place the tooth in a clean container and moisten it with saliva, milk, or water.
- Apply a cold compress to the face to minimize swelling.
- Call our office immediately – a quick response can sometimes save the tooth!

Fractured or Chipped Tooth – Try to save the tooth fragment if possible.

- Rinse gently with lukewarm water to remove any debris and help ease discomfort
- Apply a cold compress to the face to minimize swelling.
- Call our office immediately.

Blow to head or Jaw Fracture - Go immediately to the emergency room; head injuries can be life-threatening.

Toothache - Call our office as soon as possible.

- Apply a cold compress – do not apply heat or aspirin.
- You may want to take an over-the-counter pain reliever until your appointment. Do not take aspirin; it is an anticoagulant and can cause excessive bleeding in a dental emergency.
- If swelling or an abscess is present, this is a serious infection. If after-hours, go to the nearest emergency room for immediate care.