

First Aid for Teeth

Toothache:

If a child develops a toothache remember that this will probably become worse with time instead of better!

1. Rinse the mouth thoroughly with warm salt water and use dental floss to remove any food or debris that may be lodged between the teeth.

DO NOT USE A SHARP OR POINTED INSTRUMENT IN TRYING TO REMOVE IT!

2. Paracetamol may be given for pain until the child can be seen by the dentist.

REMEMBER, THIS SHOULD BE SWALLOWED AND NOT PLACED ON THE ACHING TOOTH OR GUM TISSUE.

If there is swelling present, place a cold compress on the outside of the cheek. The dentist should be seen as soon as possible in order to prevent possible spread of infection and to ease the child's pain and discomfort.

Broken Braces or Retainers:

If your orthodontic retainer is removed and it becomes broken or bent and does not fit properly, do not wear it again until it has been repaired or adjusted. Whenever you have a stick-on bracket or molar band that comes off, or a broken retainer, put all of the parts in an envelope and bring the envelope with you when you go in for an appointment with your orthodontist.

If you have a broken wire causing pain or irritation, cover the loose end with wax, a small cotton ball, piece of gauze or chewing gum and get to the orthodontist as soon as possible.

Broken Tooth:

Injuries that result in broken or fractured teeth are fairly commonplace during childhood. If this happens, it is possible that the nerve of the tooth may be injured. Rinse dirt or debris from the injured area with warm water and place COLD compresses on the face in the area of the injury in order to minimize swelling.

SEE A DENTIST AS SOON AS POSSIBLE!

And bring all broken pieces if they can be quickly found.

The dentist will evaluate the damage that has been done and will treat the break or fracture accordingly. PREVENTION is probably the key word in managing this type of dental emergency. Children who participate in contact sports should wear a mouth guard for protection against injury to the mouth and teeth.

Knocked-Out (Avulsed) Permanent Tooth:

Find the tooth. Pick it up by the top (crown) only - do not touch the root portion. If the tooth is dirty, rinse it gently in running water.

DO NOT SCRUB IT!

Gently replace the tooth in its socket in the child's mouth. Make sure that it is positioned so that the concave (hollow) side is positioned toward the inside of the mouth. If this is not possible, place the tooth in a container of milk or cool water in order to keep it moist. Take the child and the tooth to the dentist immediately (within 30 minutes, if possible).

A baby tooth is not re-implanted as it is usually rejected during the healing process.

Cut or Bitten Tongue, Lip or Cheek:

For any injuries that result in bleeding, apply pressure directly to the injured area with a clean cloth or gauze pack. This will help to control the bleeding. However, if it does not stop within about 15 minutes, take the child to the emergency room or the dentist's office. If the injury is severe it may require stitches in order to heal properly.

In order to minimize swelling, apply ice or cold compresses to the site of the injury.

