

Dental Emergencies

Dental emergencies can happen at any time. They occur when the tooth breaks, cracks, becomes loose or is knocked out completely. Sometimes crowns or fillings come off the tooth or there is an injury to the mouth. To prevent some of these injuries, make sure you or your children are wearing mouth guards (we will be happy to make you one) during sports activities and avoid foods that could crack or break the teeth.

Knocked out tooth

If a tooth is knocked out, please try to see the dentist within one hour, so call us immediately for an appointment. Handle the tooth by the crown (the part of the tooth you normally see in the mouth) and not by the root (the pointed part or bottom). Touching the root could damage cells that are necessary to reattach the tooth to the bone. Put the tooth in milk until you get to the dentist or emergency room.

Tooth pushed out of position

If the tooth is pushed out of position, call right away for an appointment and then attempt to reposition the tooth to its normal position using light finger pressure – but don't force it.

Fractured or cracked tooth

If a tooth fractures, rinse your mouth with warm water and use an ice pack or cold compress to reduce the swelling. Call for an appointment and the tooth will either need smoothing, a filling, or to be removed.

(continued inside)



NISQUALLY TRIBAL HEALTH DEPARTMENT

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NISQUALLY TRIBAL HEALTH DEPARTMENT

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Cuts, tears, and wounds

If there is a tear, cut, puncture wound, or laceration on cheek, lips or tongue, immediately clean the wound with warm water and apply pressure if possible. Bleeding from a tongue laceration can be reduced by pulling the tongue forward and using pressure on the wound with gauze or napkin. Call us for an appointment; however, certain injuries may require us to refer you to an oral surgeon. Do not delay in receiving treatment or the area may heal insufficiently.

Emergency appointments available!

We are reserving one appointment every day for Nisqually Tribal Members who may need an emergency visit. Please call as early as possible to reserve this appointment time as it will be given to the person who calls first.

Dental Emergency Kit

Most people have a medical first aid kit at home, but very few have a dental first aid kit in case a dental emergency occurs. Dental emergencies can be an alarming and painful situation. Here are some items worth collecting to create a dental first aid kit:

Latex (or latex-free) medical exam gloves – Now you can touch without contaminating.

Dental mirror – This aids in visualizing areas difficult to see.

Floss and toothpicks – Sometimes severe pain can be caused by food becoming stuck along the gums or between teeth.

Gauze and a Tea bag – Use this with applied pressure to any lacerations to help stop bleeding. Placing a damp tea bag on the area will also help stop bleeding.

Wax – Braces and broken teeth can be very sharp and irritate the gums. Place wax over the sharp areas for relief.

Temporary filling material – If a filling breaks out or there is a hole in a tooth, a temporary filling material can be placed.

Most contain eugenol which helps soothe the nerve of the tooth in case of a toothache or sensitivity.

Temporary cement – This is used to glue a crown back on.

Save-A-Tooth kit – This is a “tooth-friendly” solution to store a tooth that has been knocked out, while you make your way to the dentist. It greatly increases the chances of a tooth being saved.

Oral anesthetic gel – There are many brands out there such as Orajel and Orabase. Do not use on young children, as there is a risk for a potentially serious blood complication. It can be used safely on older children and adults.

Quantum Canker Covers – This is a patch that forms a barrier over a canker sore (mouth ulcer). It soothes the area and promotes much quicker healing. Quantum Canker Covers

Most of these items can be purchased at your local drug store. If you cannot find them there, they are all available on-line.

Injury prevention

Always wear a mouth guard and a helmet when participating in contact sports.

Wear a helmet when riding a bike, roller skating or skateboarding.

Do not use your teeth to open cans, bottles, bags, etc.

Never hit or push a playmate.

Always dial 911 for life-threatening emergencies or seek immediate medical treatment via the nearest hospital emergency room.

St. Peter's Hospital

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