

First Aid for Dental Problems

For pain, take ibuprofen – it is better than Tylenol for tooth pain. Take as directed. Do not exceed 3200mg in 24 hrs. (Kids: 40mg/kg)

Toothache – It may be an abscessed tooth. Do not wait it out, or you may end up needing a tooth extracted that could have been saved, or getting a dangerous infection. Call for an appointment ASAP.

Cracked or chipped teeth or fillings – If painful, take ibuprofen. Call for an appointment ASAP to have the tooth smoothed, filled, or crowned. Do not wait for a toothache—then you'll need a root canal.

Bleeding gums – This can be a sign of gum disease or a gum injury. Keep flossing and brushing thoroughly despite the bleeding, unless it is painful. Call for an appointment or mention it at your cleaning.

Wisdom tooth pain – Take ibuprofen. Rinse with warm salt water. Do not chew hard food like nuts if the tissue is sore. Call for an appt.

Canker sore – It will heal on its own in 7-10 days—call us if it lasts longer. Apply an over-the-counter topical gel before eating.

Loose crown – Be careful chewing hard or sticky foods until you can be seen. If it comes off, bring it to your appointment. Replace it temporarily with denture adhesive if you can seat it all the way down (so your bite is even). Make an appointment ASAP.

Gum boil or pimple – This is the sign of an abscess. It will not solve itself. It needs to be evaluated before you get a larger infection.

Teething pain – Cold objects like teething rings or ice will help numb the gums. Over-the-counter teething gels will also give relief.

Chipped or bumped baby tooth –If there is swelling, place an ice pack to the area. Call the office or the emergency number.

Broken denture or partial denture –Do not try to repair it yourself, or it may be harder for us to repair. Save all broken pieces and call us.

Tooth trauma/ knocked out tooth –If there are cuts on the outside of the face or trauma to other parts of the body, go to the emergency room. If it's a baby tooth, leave it out. If it is an adult tooth, do not handle it extensively. Store it in your cheek or in milk, and call our emergency number. It should be reinserted within an hour if possible. If it is clean and hasn't left the mouth, you can reposition it or reinsert it into the socket yourself.

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