

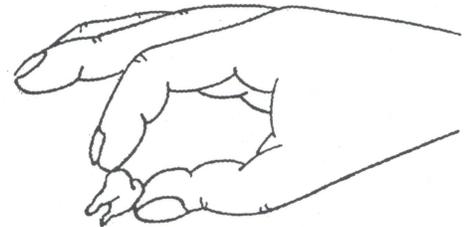
## If a Tooth is Knocked Out

This is a dental emergency and the chance of saving the tooth increases if the care is immediate.

- Pick up the tooth by its crown (the part normally visible in the mouth). **Important: don't touch the root and don't wash the tooth.** To stop bleeding from gums, have the person bite down gently but firmly on clean handkerchief, washcloth or paper towel.
- Place the tooth back in the gum or place the tooth in the mouth between the cheek and the gum. Or,
- Place the tooth in a container of cold milk (preferred) or cool water.
- Get the person to a dentist immediately.  
Note: a hospital emergency room is usually not equipped to handle this type of dental emergency.

If the tooth cannot be located in the surroundings, check the mouth again. The tooth might have been knocked **in**, not knocked out, and is hidden below the gumline. This dental emergency requires immediate dental care.

Dental "first-aid kits" with a special tooth-holding solution can be purchased through medical/dental supply catalogs.



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## Tobacco Equals Trouble

Nothing good can be said about chewing or smoking tobacco. Tobacco contains addictive and toxic substances that destroy oral health and overall well-being. Nicotine is the poisonous substance in tobacco that produces an addiction as difficult to break as one with heroin or cocaine.



Smokeless tobacco, whether snuff or "spit" chewing tobacco, puts the nicotine and other toxic chemicals directly into the mouth. Smokeless tobacco is **NO** safer than smoking tobacco. "Chew" is more addictive than cigarettes and has been shown to produce irritation, ulcers and cancer in the gums, lips, tongue, cheeks, throat and stomach. Cancer is a growth of abnormal cells that eventually can invade healthy tissues and take over the body, resulting in death.

Smoking tobacco introduces into the body toxic metals such as lead and mercury and poisons such as carbon monoxide and arsenic. Breathing other people's cigarette smoke or "second-hand smoke" gives the nonsmoker these same toxins and increases the nonsmoker's risk for breathing problems and cancers.

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## Other Points on Oral Health

Good oral health comes from a combination of inheritance and behavior. Personal actions can prevent or, at least, delay dental disease, no matter what heredity gives in tooth shape, enamel structure, saliva content, and natural bacteria level. Here are other ways to promote healthy teeth and gums.

### Dental Safety

Basic rules for tooth safety include:

- Walk around swimming pools and people using water fountains.
- Stand in lines with no shoving.
- Don't bite pencils and pens.
- Sit down to eat.
- Open twist-top bottles with hands or opener and not teeth.
- No rowdiness in the shower or bathtub.
- No running with a pen, pencil or sucker in the mouth.
- Use protective equipment when rollerblading, biking, skateboarding, boxing, playing football and engaging in other sports activities.

### Protective Gear

Mouthguards, bike helmets, wristguards, elbow pads and knee pads cushion falls and blows to the mouth. Wristguards are especially helpful as they enable the wearer to break a fall more readily with the hands and prevent impact to the mouth.

Mouthguards act as important "shock absorbers." A hit on the head powerful enough to knock out a tooth can cause a concussion. A concussion of the brain can be life-threatening, as brain function is impaired from the force of the blow.

Mouthguards can be purchased to use "as-is" or modified to fit the mouth, such as the "boil-n-bite" types. Best-fitting are custom mouthguards made by a dentist. Protective gear might seem inconvenient to use, but it's more inconvenient to get emergency help for a broken jaw, knocked-out teeth or a concussion.



Negative social pressure is a common barrier to regular use of safety equipment. Youngsters need candid discussion and strategizing to help counter the pressure. It's not "chicken" to wear gear. The smart, independent thinker knows that taking good care of one's body is never "dumb."

# Be Smart. Be Safe. Wear Gear.

Safety gear cushions falls and protects your body from serious injury.  
Start at the top and work your way down:

## Helmets protect your head and brain.

- A helmet should fit snugly, no sliding. Wear the helmet directly on top of head.
- When buying a helmet, look for a sticker of safety approval from CPSC, ANSI, ASTM, or Snell.

## Mouthguards protect your teeth from breaks and chips.

- Have your dentist make a custom-fit mouthguard or purchase one at a sporting goods store.
- Your mouth will change. Make sure to replace mouthguards every year.

## Wrist guards, elbow pads, and knee pads help protect your limbs.

- This equipment may help you catch your fall and prevent you landing on your face or head.
- When you buy gear, try it on. Gear should fit snugly on your body.

## Gear to Wear from Head to Toe

### When to wear it?

- ✓ Rollerblading
- ✓ Biking
- ✓ Skateboarding
- ✓ Cruising on a scooter
- ✓ Playing football, soccer, baseball, softball, hockey, or basketball



### What to wear?

- ✓ Helmet
- ✓ Mouthguard
- ✓ Wristguards
- ✓ Elbow Pads
- ✓ Knee Pads

## Dental First Aid Kit

Be prepared with your very own dental first aid kit. You never know when a tooth accident may occur.  
Great for teachers, coaches, child care providers, and parents.

### Supplies:

Cotton, cotton swabs or sterile gauze.....	Cleans injury
Dental floss, interdental cleaner or toothpicks.....	Removes objects from between teeth
Dental wax or paraffin or candle.....	Placed on a chipped tooth to stop irritation to cheeks and gums
Handkerchief or tie or towel.....	Keeps broken jaw from moving
Instant Ice pack.....	Helps reduce swelling
Cold milk or milk in a box.....	Temporary storage for a knocked-out tooth. Milk that comes in a box (like juice boxes) does not need to be refrigerated until after it is opened. It can be stored in the first aid kit. Use fresh cold milk only if available upon emergency.

# Dental Emergencies



## What should you do?

### A basic Guide to Dental First-Aid

**Toothache** - Rinse mouth with warm water. If swelling occurs, apply cold packs to outside of face. **DO NOT** apply aspirin or other medications directly to aching tooth. Go to a dentist.

**Bleeding Gums** - If gums are red, swollen or sore, rinse every two hours with a mixture of equal parts of water and hydrogen peroxide or with a warm salt water solution. If condition does not improve in a few days, see a dentist. Bleeding gums are often a sign of an unhealthy mouth. Be sure to brush and floss twice a day and visit a dentist every six months for a check-up.

**Broken Or Dislocated Tooth** - Clean injured area with warm water. If injured area begins to swell, apply cold packs to outside of face. See a dentist immediately!

**Tongue Or Lip Bite** - If bleeding, apply pressure with clean cloth. If swelling occurs, apply cold pack. If bleeding does not stop or if bite is severe, go to a hospital emergency room.

**Broken Jaw** - If you think the jaw is broken, **DO NOT** move the jaw. Wrap a scarf, handkerchief, tie, or towel around the head to keep the jaw from moving and go to a hospital emergency room immediately!

**Knock Out Tooth** - First, find the tooth. Place it in milk or water. Gently rinse the tooth but **DO NOT** scrub it! **DO NOT** wrap tooth in tissue! Go to the dentist with the tooth immediately!

**Canker Or Cold Sores and Fever Blisters** - For temporary pain relief, apply an over-the-counter cream/gel that has benzocaine. Benzocaine numbs the area. Follow directions on label. Avoid hot, spicy foods. A non-aspirin pill can be swallowed. **DO NOT** apply pill directly to sores. If sores do not heal within 7-14 days and/or signs of fever and pain persist, contact a dentist.

**Pain From A New Tooth Appearing** - Find the site and apply a cold pack to the outside of the face. A non-aspirin over-the-counter children's pain reliever can be swallowed (pill or liquid form). **DO NOT** apply pill directly on gums. An over-the-counter cream/gel that has benzocaine can also be used directly on the gums. Follow directions on medicine label. If pain continues, contact a dentist.

**Objects Wedged Between Teeth** - Carefully remove object from between teeth with dental floss. **DO NOT** remove sharp objects. If unable to remove or object is sharp, see a dentist immediately!

**If a dental emergency occurs, act fast!  
Contact a dentist immediately!**



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County of San Diego  
Health and Human Services Agency



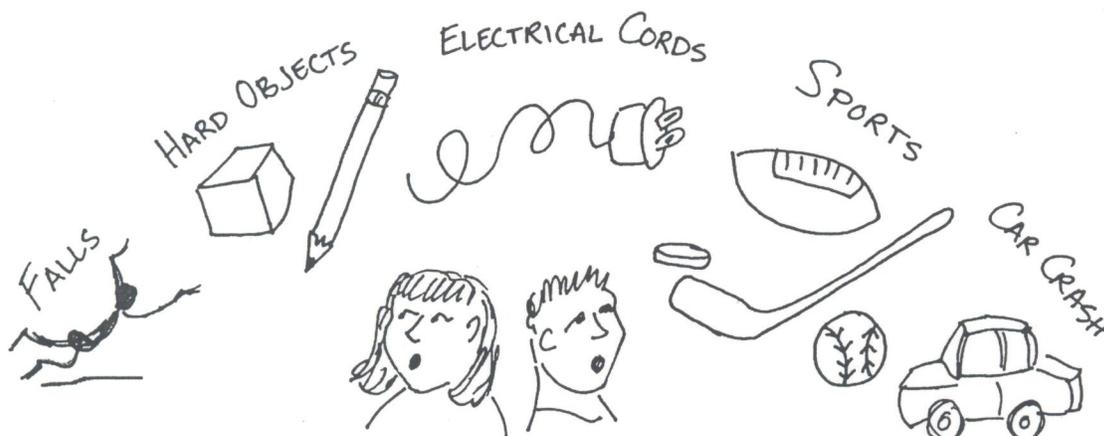
Brought to you by the U.S. Department of Agriculture, and the California State Department of Health Services Cancer Prevention and Nutrition Section

Some side effects from both professional and OTC whitening products might include:

- temporary tooth sensitivity, which is often counteracted with fluoride applications,
- gum redness, and/or
- gum tenderness or irritation from the whitening ingredient, peroxide.



## Common Causes and Consequences of Dental Trauma



Mouth injuries, especially in children, occur from a variety of causes. These can include falls, or chewing on hard objects such as ice, corn nuts, pencils or bottle caps. Chewing on electrical cords can pose the threat of an electric shock and burn, and in severe cases it can cause death. Many children involved in sports are also at risk for dental injuries. Protective safety gear should be worn to help prevent serious injury to the mouth or body.

Another cause of dental trauma is vehicle crashes. Children who ride in car seats should be secured correctly, and parents need to be certain the car seat itself is installed and secured properly. All passengers should wear seatbelts at all times.

Not only can dental trauma result in immediate pain, but it can also cause permanent damage to teeth and supporting structures. Damage, such as tooth discoloration, a broken root or pulp damage, might appear right away or take several years to show up. In addition to pain and permanent damage, dental injuries are costly to repair. All injuries should be checked by a dentist.

## Safety Gear

Safety gear cushions and protects the body from serious injuries, including concussions. Gear should be worn when riding or using recreational equipment such as bicycles, scooters, rollerblades and skateboards. Safety equipment is also crucial when playing contact sports.

- Football
- Soccer
- Baseball
- Softball
- Hockey
- Basketball
- Karate



Mouth guards are important in the protection of the brain, not just the teeth. The amount of force that can knock out a tooth is about the same amount needed to cause a concussion. A well-fitting mouth guard can protect against concussions because it will act as a shock absorber to reduce the impact of blows to the head.

Mouth guards can be custom-made by a dentist or store-bought. Store-bought mouth guards come in two varieties: one to be used, as-is, and the other, a “boil-and-bite” type, which allows some personalizing for fit. Before using the “boil-and-bite” guard, the user must first place it in hot water to soften it, then bite down on it so it takes on the impression of the teeth.

The best-fitting mouth guard is custom-made in a dental office after a professional impression is taken of the mouth. Mouth guards for children should be replaced often as the child grows and the size and shape of the mouth changes.

Since concussions can be life-threatening, safety helmets are another vital protector. In order to be effective, a helmet should fit snug with no sliding on the skull and should be worn to cover the top of the head and forehead. The chinstrap should be buckled snug but comfortably to prevent the helmet from moving or coming off.

Other safety gear include wrist guards, elbow pads and kneepads. These should fit snug and should be tried on before purchasing to ensure proper sizing.

### *Mouth Injuries From*

- *Falls*
- *Chewing on ice*
- *Eating corn nuts*
- *Biting pencils*
- *Untwisting bottle caps with teeth*
- *Chewing on electrical cords*
- *Unprotected contact sports*
- *Non-use of vehicle seat belts*

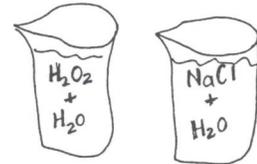
## Treating Dental Emergencies

In the event of a dental emergency, quick thinking and fast action could make the difference in saving a tooth or reducing the effects of an injury. The following is a basic guide for giving dental first-aid in some common oral/dental emergencies:



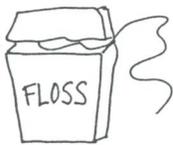
**Toothache** -- Rinse mouth with warm water. If swelling occurs, apply cold packs to the outside of the face. **DO NOT** apply aspirin or other medications directly to the aching tooth. Go to a dentist for evaluation and treatment.

**Bleeding Gums** -- If gums are red, swollen, or sore, rinse every two hours with a mixture of equal parts of water and hydrogen peroxide or with a warm salt water solution. If the condition does not improve in a few days, see a dentist.



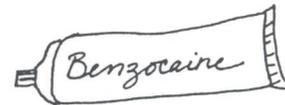
**Broken Tooth** -- Clean injured area with warm water. If the injured area begins to swell, apply cold packs to the outside of the face. See a dentist immediately.

**Knocked-Out Tooth** -- First, attempt to find the tooth. If possible, place the tooth in milk or water. If the tooth is dirty, it can be gently rinsed with water. **DO NOT** scrub it. Scrubbing can remove the tooth's natural fibers that could later help to reattach the tooth in the socket. **DO NOT** wrap the tooth in tissue. The tissue will stick to the tooth fibers, making it harder for the dentist to clean. If the tooth cannot be located, it could have been knocked in or shoved into the jaw, in which case it should not be touched. Whether the tooth is knocked out or in, go to the dentist immediately.



**Objects Wedged Between Teeth** -- Carefully remove the object from between teeth with dental floss. **DO NOT** remove sharp objects. If it is not possible to remove the object or if the object is sharp, see a dentist immediately.

**Canker or Cold Sores and Fever Blisters** -- For temporary pain relief, apply an over-the-counter, mouth-numbing product that contains benzocaine, a numbing agent. Use as directed on the product label. Avoid spicy, salty or acidic foods. A non-aspirin pain reliever can be swallowed; the pill should not be applied directly to sores. If the sores do not heal within 7-14 days, and/or signs of fever and pain continue, contact a dentist.



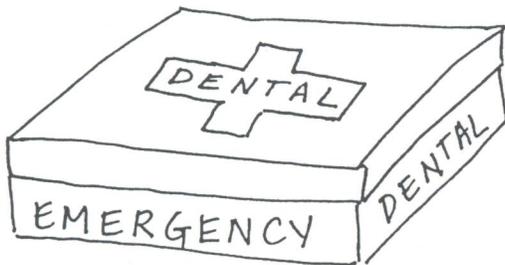
**Tongue or Lip Bite** -- If bleeding occurs, apply pressure with a clean cloth. If swelling occurs, apply a cold pack. If bleeding does not stop or if the bite is severe, go to a hospital emergency room.

Broken Jaw -- If it is suspected the jaw is broken, **DO NOT** move the jaw. Wrap a scarf, handkerchief, tie, or a towel around the head to keep the jaw from moving and go to a hospital emergency room immediately.



Pain From a New Tooth Appearing -- Find the site and apply a cold pack to the outside of the face. An over-the-counter, non-aspirin children's pain reliever in pill or liquid form can be swallowed. The medicine should not be applied directly on the gums. For temporary pain relief, an over-the-counter, mouth-numbing product that contains benzocaine, a numbing agent, can be applied directly on gums. Use as directed on the product label. If pain continues, contact a dentist.

### **What Should Be in a Dental First Aid Kit**



It is impossible to know when a dental emergency will occur. But parents, grandparents, caregivers, teachers, coaches, and childcare providers can be prepared by having on hand a basic dental first aid kit. To make a simple kit, start with a large, zippered, soft-sided pouch or a shoebox-sized plastic container that has a secure lid. Then fill it with the following supplies:

- Cotton, cotton swabs, or sterile gauze - to clean injury
- Dental floss, interdental cleaner, or toothpicks - to help remove objects from between teeth
- Dental wax, paraffin or candle wax - to place on a sharp, chipped tooth to help reduce gum and cheek irritation on the way to the dentist
- Handkerchief, neck tie, or towel - to stabilize or keep a broken jaw from movement on the way to the emergency room
- Instant ice pack – to help reduce swelling
- A small box of “shelf-stable” milk – to carry a knocked-out tooth to the dentist. Shelf-stable milk, packaged in lunch-box sized foil-lined pouches for use away from home, does not need to be refrigerated until after it is opened. Therefore, it can be stored in the first aid kit. However, fresh milk can be used if it is available in the emergency.

