

A Healthy Mouth is Part of a Healthy Body!

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.
- **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!
- **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.
- **Canker Or Cold Sores and Fever Blisters** - For temporary pain relief, apply an over-the-counter cream/gel that has benzocaine, which 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.
- **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.
- **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!
- **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!

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