

## Do You Know What to do in a Dental Emergency?



Kids will be kids. They scrape their knees and smash their fingers from time to time. Dental emergencies come up, too. Most injuries happen to toddlers when they are learning to walk and balance. But, once children start playing on the playground or on sports teams their chances of having a mouth injury increases.

Do you know what to do in a dental emergency? We have a quick reference guide on the back of this sheet to help you decide what to do if an emergency comes up. In the meantime, here are some ways you can help protect your kids from mouth injuries.

### Supervision

Furniture and stairs seem safe enough but little kids love to climb, jump and horse around. Make sure your kids are aware of sharp corners and other large objects that might “jump out” right in front them.

### Child Proofing

Think about adding safety gates, window locks and padded furniture corners.

### Mouth Guards

A custom fitted mouth guard is the best option to protect your child’s teeth against sports injury. Check with the dental clinic to find out if it’s something we can help your child with. You can also find boil-and-bite mouth guards at most stores that sell sports equipment.

### Helmets

Any kind of activity using speed or impact should be done wearing a helmet. A helmet can protect teeth but it can also protect the jaw from being dislocated or broken.

### Face shields

Sometimes a face shield is needed for certain sports like hockey. Ask the dentist.



## Take your kids to the dentist.

Make an appointment for your family today!

**Zia Clinic**  
505.867.5258



# In a Dental Emergency

- 1 Care for the child first.
- 2 Call the parent/caregiver and encourage them to call their dentist.
- 3 Follow these instructions:



## *Knocked Out Tooth*

- Have the child rinse mouth with water.
- Baby tooth: Place baby tooth in cool milk—do not try to put it back in the mouth.
- Permanent tooth: If possible, gently put it back in the socket; otherwise put the tooth in cool milk.
- Take the child and tooth to the dental clinic as soon as possible.



## *Broken Tooth*

- Have the child rinse mouth with water.
- Put cold compresses on the face, in the area of the injured tooth.
- If the injured area is bleeding, apply direct pressure using a clean cloth.



## *Bitten Lip or Tongue*

- Put direct pressure to the bleeding area with a clean cloth.
- If there is swelling, put cold compresses directly on the swollen area.

## *Object Stuck Between Teeth*

- Try to remove object with dental floss. Be careful not to cut the gums.
- Do NOT try to remove the object with a sharp or pointed tool.
- If unable to remove object, take the child to dental clinic.

**If the emergency is more severe call 911.**