TruAssure™
INSURANCE COMPANY

What to do in the event of a dental emergency

Whenever you have a tooth injury or mouth pain, it's important to seek care from your dentist as soon as possible. Until you can get to the dentist, do the following to manage your dental emergency:

Knocked-Out Tooth

- Locate the tooth as soon as possible! Pick up the tooth at the top (or crown) and be careful not to touch the roots of the tooth.

- If you can, place the tooth back into its socket and gently hold it in place while biting down. Otherwise, place it in a glass of slightly salted tap water or cold milk. Do not attempt to clean or scrub the tooth as it could cause permanent damage.

- Bring the tooth to your dentist within 30 minutes of the injury if possible. If you get to the dentist quickly, he or she may be able to place your tooth back into your mouth.

Broken Tooth

- Clean the area by gently rinsing your mouth with warm water. To minimize any swelling, apply ice to the part of your face closest to the injury. Visit your dentist as soon as possible.

Toothaches

- Chew food on the opposite side of your mouth, away from the tooth experiencing pain.

- After eating, rinse your mouth with warm water. Floss carefully.

- Place an ice pack on your cheek if your jaw is swollen. Do not place heat or apply aspirin to the tooth in pain. Many oral health conditions can cause a toothache including a cavity, gum disease, a cracked tooth or a new filling that may not fit correctly.

- Visit your dentist as soon as possible, especially if you experience swelling.

Mouth Sores

- If you have a mouth sore, refrain from eating acidic foods, like oranges, pineapples or tomatoes, which can cause mouth sores to be more painful. Canker sores, or small ulcers, are typically the cause of most mouth sores.

- Schedule a visit to see your dentist if you have a mouth sore that lasts for more than two weeks. Any lumps or white patches in or around your mouth could indicate a more serious problem and you should visit your dentist immediately.

Always keep your dentist's name and phone number with you as dental emergencies can happen at any time and place. Remember, seeing a dentist within 30 minutes or less can make a difference between saving and losing a tooth.

Visiting your dentist regularly for checkups can help you avoid dental emergencies as your dentist makes sure that your mouth and teeth are strong, healthy and free from decay.

Visit **truassure.com** for more oral health resources and information.